



**Effective Date:** June 4, 2021

## Statewide Recommendations for Travel

**Authority:** Executive Order No. 20-66, ORS 433.441, ORS 433.443

**Applicability:** All individuals that travel to or live in Oregon.

### Definitions:

- “Essential travel” means travel that is for the purposes of:
  - Work such as, but not limited to, critical infrastructure or supply chains support, economic services, health care services, security;
  - Study as part of enrollment in an educational institution;
  - Participation in K-12 school sports, adult, youth and club sports in accordance with the [Indoor](#) and [Outdoor Recreation and Fitness Establishments Guidance](#); or
  - A family emergency.
- “Non-essential travel” means travel that is for the purposes of tourism, recreation or any other purpose that does not fit the definition of “essential travel”.

### Recommendations for travel

Many states and countries have higher COVID-19 case rates than Oregon. Individuals arriving in Oregon from other states or Oregon residents returning from other states or countries could increase the spread of COVID-19. In addition, travel itself can be a risk for exposure to COVID-19, particularly travel through public transportation such as airplanes, buses or trains. Avoiding travel can reduce the risk of both virus transmission and bringing the virus back to Oregon.

**Individuals arriving in Oregon from other states or countries for non-essential travel, including returning Oregon residents, should, but are not required to:**

- [Self-quarantine](#) for 10 days after arrival;
- Limit their interactions to members of their immediate household.

**Note:** A 14-day quarantine is the safest option to prevent the spread of COVID-19 to others. There is a small but significant chance that a shortened quarantine period may result in post-quarantine transmission. Therefore, it is critical that close contacts continue to monitor themselves for symptoms daily for a full 14 days after their last exposure to a

person with COVID-19. If symptoms develop, the individual should return to quarantine, notify their local public health authority, and call their healthcare provider to discuss testing.

**Travelers arriving via international air travel must follow the Centers for Disease Control and Prevention (CDC) [testing and quarantine guidelines](#).**

Quarantine recommendations do not apply to individuals arriving to Oregon from other states or Oregon residents returning from other states, following the [CDC Interim Public Health Recommendations for Fully Vaccinated People](#) if:

- They have received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose vaccine,

**AND**

- It has been at least 14 days since their final dose of COVID-19 vaccine,

**AND**

- They have no COVID-19 symptoms.

Individuals should still monitor themselves for COVID-19 symptoms during the 14 days after travel and, if symptoms develop, they should self-isolate and seek testing.

**Residents of Oregon should, but are not required to:**

- Stay home or in their region and avoid non-essential travel to other states or countries.

These recommendations do not apply to individuals who cross state or country borders for essential travel.

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)