

Irene's Myomassology Institute
Covid-19 Travel Policy updated 3/26/2021

AFTER YOU TRAVEL OUTSIDE OF THE STATE YOU MUST QUARANTINE REGARDLESS OF VACCINATION STATUS

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions pose a risk to your family, friends, and community for 14 days after you travel.

Get Tested and Stay Home After Travel

- [Get tested](#) with a [viral test](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.

Getting tested after travel is especially important if you did any of these activities that put you at [higher risk for COVID-19](#):

- Going to a large social gathering like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds like in restaurants, bars, fitness centers, or movie theaters.
- Taking public transportation like planes, trains or buses or being in transportation hubs like airports.
- Traveling on a cruise ship or boat.