

CDC/VDH guidelines for Holiday gatherings and travel:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>

Because travel may increase your chance of getting infected or spreading COVID-19, staying home is the safest way to protect yourself and others from getting sick.

VDH urges all Virginians to avoid travel. Stay home as much as possible, especially if your trip is not essential, if you are at [higher risk of serious COVID-19](#), or if you will be visiting someone at [higher risk of serious COVID-19](#).

Higher risk activities:

- Being in an area that is experiencing high levels of COVID-19 spread.

To determine if COVID-19 is spreading at or near your destination check [https://covid.cdc.gov/covid-data-tracker/#cases\\_casesper100klast7days](https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days) for US travel  
<https://www.cdc.gov/coronavirus/2019ncov/travelers/maptrnotices.html> for international travel

- 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 — for example, in restaurants, bars, airports, bus or train stations, or movie theaters.
- Traveling on a cruise ship or river boat.

If you engaged in [higher risk activities](#), you should take these extra precautions for the 14 days after high risk activity/travel.

- Screen students, including temperature checks, before school each morning.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

- Check with family and friends that you spent time with to make sure they are symptom free.
- [Stay at least 6 feet](#) (about 2 arms' length) from other people who are not from your household to the greatest extent possible. It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home. Remind students that while at school masks are required to be worn properly (covering mouth and nose) at all times except while eating and drinking.

- [Wash your hands](#) with soap and water often or use hand sanitizer (with at least 60% alcohol).
- Watch your health: Look for [symptoms of COVID-19](#), and take your temperature if you feel sick. **Take your temperature with a thermometer two times a day (once in the morning, once at night) and check for fever.** Also, watch for cough or trouble breathing. You can download [VDH's Daily Symptom Monitoring Log](#) to help keep track of your symptoms.
- **If you start to feel sick, stay home.** Contact your health care provider or check the VDH-COVID website for testing locations.

<https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>