



# Public Health

*Communicable Disease and Emergency Management Division*

## COVID-19 Spring Break Guidance

Consider the following when making plans for Spring Break:

1. Trips to areas with ongoing [widespread, sustained transmission](#) or “community transmission” present increased risk and strong consideration should be given to canceling them. (“Community transmission” means that there is some risk of acquiring infection in a general community setting without being in contact with someone who is known to have COVID infection.)
2. Travel on cruise ships has been associated with several large COVID outbreaks and difficulties in passengers returning home and both the State Department and the Centers for Disease Control (CDC) are strongly advising against such trips, especially for those with underlying medical problems.
3. Trips to other areas are less clear but the following issues should be considered:
  - a. Cases are occurring in many countries around the world, in most of which emergence of community transmission is a risk over the next several weeks.
  - b. Cases are occurring in many states around the US, and, likewise, the emergence of community transmission is also a possibility over the next several weeks.
  - c. Traveling to settings in which there is community transmission involves the risk of becoming ill. While in most cases, the illness is not severe, complications are more common in adults with underlying medical problems (e.g. lung and heart disease, and diabetes). Children do not appear to become as sick with COVID-19 as adults, but those with underlying medical problems could be at greater risk for severe illness.
  - d. Traveling to settings in which there is community transmission also involves the risk of being exposed while on the trip which could require exposed persons being placed in quarantine (i.e., when a person who has been exposed but is not yet known to be infected needs to sequester themselves away from contact with others in case they get sick). This could involve:
    - i. 14 days of quarantine at the location of the trip (if the exposure is recognized there)
    - ii. 14 days of quarantine after returning home (if the exposure is not recognized until the traveler returns)

Overall, factors to consider include how critical the travel is, whether travel expenses are refundable, whether those traveling are susceptible to severe infection, and how easily those traveling could handle being quarantined either at the site of travel or after returning home.

The extent of COVID-19 infection is changing rapidly in many jurisdictions. The best source of updated travel advisory information is available on the [CDC website](#).

