Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

Tips for Traveling on an Airplane in the U.S. During COVID-19

Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick. -CDC

What to Wear on the Plane

Clothing that covers
Choose a comfortable pair of long pants and long sleeve shirts as your in-flight clothing for extra protection.

Safety goggles, glasses or sunglasses
Eye protection provides a barrier to infectious materials entering the eye.

A cloth facemask
Make sure you wear one that is comfortable and that you won’t constantly adjust. You may have to have it on for an extended period of time.

How to Protect Yourself and Others While You Travel

- Clean your hands often
  - Wash your hands often for 20 seconds with soap and water.
  - Use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with others
  - Stay at least 6 feet away from others.
- Wear a cloth face covering while in public
- Cover coughs and sneezes

Risks of Flying
Air travel requires spending time in security lines and airport terminals. Which can put you in close contact with other people and frequently touched surfaces.

Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

Also consider how you get to and from the airport, as public transportation and ridesharing can increase your chances of being exposed to the virus.

Hand sanitizer
Each traveler may have one container of hand sanitizer up to 12 ounces (about 350 milliliters) in a carry-on bag, make sure you take this bag out for screening

Extra masks
Incase you loose one or one gets dirty.

Disinfectant wipes
Once on the airplane, wipe down your area. Especially the treatable.

An extra set of clothes
As soon as you arrive at your destination, immediately remove and wash the clothes prior to next use.

Your own snacks
Your flight may not serve snacks so pack your own. Reminder: Food items should be transported in a plastic bag and placed in a bin for screening.

Helpful Resources and Websites


