



Effective Date: February 23, 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 [Outdoor Recreation and Outdoor 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

COVID-19 cases continue to increase in many states and countries. 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 14 days after arrival;
- Limit their interactions to their immediate household

While a 14-day quarantine is the safest option to prevent the spread of COVID-19 to others, those who have traveled to Oregon or back home to Oregon may consider ending quarantine early¹ **if they have not had any symptoms**:

- After 10 days, without any testing

OR

- After 7 days, if they receive a negative test result from an antigen or polymerase chain reaction (PCR) test that was conducted within 48 hours of the end of the 7-day period.

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 countries or Oregon residents returning from other states or countries if:

- They have received both doses of a two-dose COVID-19 vaccine (or one dose of a single-dose vaccine if it becomes available),

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@dhsoha.state.or.us

¹ There is a small chance that if individuals choose to shorten their quarantine period, they may spread the infection to others post-quarantine. Therefore, it is critical that individuals continue to monitor themselves for symptoms daily. If individuals develop symptoms, they should continue to avoid contact with others and call their health care provider to discuss testing.