Effective Date: December 15, 2020

Statewide Guidance (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.

Nature of Guidance: This guidance contains non-mandatory recommendations.

Definitions:

“Essential travel” means travel that is for the purposes of work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.

“Non-essential travel” means travel that is for the purposes of tourism, recreation or any other purpose that is not essential.

Recommendations for Non-Essential Travel

The incidence of COVID-19 is increasing in many states and countries. Persons arriving in Oregon from other states, or residents of Oregon returning from other states or countries, could increase the risk of COVID-19 spread. In addition, travel itself can be a risk for exposure to COVID-19, particularly travel through shared conveyance such as air, bus or rail travel. Avoiding travel can reduce the risk of virus transmission and bringing the virus back to Oregon.

Persons arriving in Oregon from other states or countries for non-essential travel, including returning Oregon residents, should but are not required to:

- Practice 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 early\(^1\) if they have not had any symptoms:

- After 10 days, without any testing

OR

- After 7 days, if they have had a negative result by an antigen or polymerase chain reaction (PCR) test within the 48 hours before ending quarantine.

**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.

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\(^1\) There is a small chance that if individuals choose to shorten their quarantine period, they may transmit 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 healthcare provider to discuss testing.