

Tips to Make Your Air Travel Smoother



These recommendations were written while a member of the Big Five team, in collaboration with our travel advisor partners, traveled to various parts of the world documenting for you firsthand rapidly changing procedures.



International Travel & Your Health – COVID-19

CDC Update Dec.10,2021 Travel requirements have changed. Starting December 6, all air passengers, regardless of vaccination status, must show a negative COVID-19 test no more than 1 day before travel to the United States www.cdc.gov.

International travel today comes with a unique set of variables and challenges. That can include issues around travelers' health. That does not mean that you stay home, but it does require that you pay attention to changes in the world. Either at home or in your travels, you may have been exposed to COVID-19 without realizing it. You may not have any symptoms but can still be contagious without symptoms. You and your travel companions (including children) could pose a risk to your family, friends, and community up to 14 days after travel.

A rapidly growing list of countries now require proof of vaccination, or a COVID-19 test to enter the country, as well as proof of vaccination to enter restaurants and indoor venues. We highly recommend checking the validity of your covid vaccination card to ensure you do not have issues entering the country or any of the venues.

- **COVID-19** tests are available at no cost nationwide at health centers and select pharmacies. The Families First Coronavirus Response Act ensures that COVID-19 testing is free to anyone in the U.S. Additional testing sites may be available in your area. Contact your health care provider or your state or local public health department for more information. The Centers for Disease Control and Prevention, www.cdc.gov, recommend that regardless of where you traveled or what you did during your trip, some simple everyday actions can protect you and others from getting COVID-19.
- When you are around others, stay at least 6 feet/2MM (about 2 arm lengths) from anyone who did not travel with you, particularly in crowded areas. It's important to do this everywhere — both indoors and outdoors.
- Wear a mask to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using public transportation and wash your hands often or use hand sanitizer with at least 60% alcohol.
- If there are people in the household who did not travel with you, wear a mask, and ask everyone in the household to wear masks in shared spaces inside your home for up to 14 days after travel.
- Watch your health: Look for symptoms of COVID-19 and take your temperature if you feel sick.

Certain airlines and destinations require rapid tests on departure which may not always be on site. Please be sure to check all airline departure rules and be at the airport more than 3 hours prior to your flight especially on your return. Many destinations are third world countries implementing global procedures that change rapidly. Being at the airport early and knowing all the requirements will allow for a stress-free return home.

- Please check with your gate before going to your lounge to relax before your flight. If the gate is open, this will allow you to show any paperwork required for boarding such as negative PCR tests or attestation forms before lines begin forming. If you are coming from the lounge to the gate, we recommend allowing extra time before boarding starts to show the necessary paperwork. Gate agents make many announcements about boarding and preparations. Unfortunately, while well intentioned, they are not all audible. Checking in with the gate agent early and paying attention to the information screens at your gate will ensure a smooth boarding process.

Printed Copies and Documents to Keep on Your Person:

- **Health Certificates / Travel Declaration, QR Codes and eVisa.**
Be sure to print a hard copy of the eVisa and other necessary travel documents to bring with you. It is important that you keep hard copies with you for the entirety of your trip in case authorities ask.
- **Check CDC's COVID-19 Travel Recommendations** by Destination before planning your trip.
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>
 - **If you are fully vaccinated**, you must carry a copy of your Vaccination Card with you. You will be asked for the card at check in for your flight home per the current CDC rules.
 - **Entry Rules:** Different countries have different rules for entry, some require a COVID-19 test and others only require proof of full vaccination. Please check with the appropriate consulate for the most current information. **We recommend getting a PCR test**, even if your destination does not require it, for a piece of mind and also because many airport staff may not have been updated with the most current rules. If your destination does require a PCR test within a certain time frame, please make sure to subtract the time difference between your departure gateway and destination from set allocated time. For example, if your destination is 8 hours ahead of you and you need to get a PCR test within 96 hours (**then it is 96 - 8 = 88**) you really have 88 hours. Flights often get delayed and are beyond anyone control and ask to please be sure to account for this
 - **A COVID-19 test is presently required to return to North America.** We recommend carrying two printed copies for hassle-free travel. Requirements are frequently changing as we travel through various airports.
 - Forms: **A Passenger Disclosure and Attestation Form Is Required** to be completed before boarding your flight to the United States of America.
 - Download the form here: <https://www.cdc.gov/quarantine/pdf/NCEZID-FRM-Combo-Passenger-Disclosure-508.pdf>
 - **Canadian citizens are required to download and complete the ArriveCAN app.** This app can be downloaded for iOS or Android. Entry rules are subject to change without notice.

Below is a list of countries from the [US Department of State with Travel Advisories](#) and links to each country's entry requirements regarding COVID-19 information as well as other necessary health information.

Africa and The Middle East:

Botswana	https://bw.usembassy.gov/covid-19-information/
Egypt	https://eg.usembassy.gov/u-s-citizen-services/covid-19-information/
Ethiopia	https://et.usembassy.gov/covid-19-information/
Jordan	https://jo.usembassy.gov/covid-19-information/
United Arab Emirates UAE	https://ae.usembassy.gov/u-s-citizen-services/covid-19-information/
Kenya	https://ke.usembassy.gov/covid-19-information/
Morocco	https://ma.usembassy.gov/covid-19-information/
Namibia	https://na.usembassy.gov/covid-19-information/
Rwanda	https://rw.usembassy.gov/health-alert-covid-19-information/
Uganda	https://ug.usembassy.gov/covid-19-information-page/
South Africa	https://za.usembassy.gov/covid-19-information-2/
Tanzania & Zanzibar	https://tz.usembassy.gov/covid-19-information/
Zambia	https://zm.usembassy.gov/covid-19-information/
Zimbabwe	https://zw.usembassy.gov/covid-19-information-2/
Oman	https://om.usembassy.gov/covid-19-information/

Asia & The Orient:

Bhutan, Nepal & Tibet	https://in.usembassy.gov/covid-19-information/
Cambodia	https://kh.usembassy.gov/covid-19-information/
Laos	https://la.usembassy.gov/covid-19-information/
China	https://china.usembassy-china.org.cn/covid-19-information/
India	https://in.usembassy.gov/covid-19-information/
Indonesia, Borneo	https://id.usembassy.gov/u-s-citizen-services/covid-19-information/
Malaysia	https://my.usembassy.gov/u-s-citizen-services/covid-19-information/
Japan	https://jp.usembassy.gov/covid-19-information/
Myanmar	https://mm.usembassy.gov/covid-19-information/
Sri Lanka	https://lk.usembassy.gov/covid-19-information/
Thailand	https://th.usembassy.gov/u-s-citizen-services/covid-19-information/
Vietnam	https://vn.usembassy.gov/u-s-citizen-services/covid-19-information/

South Pacific:

Australia	https://au.usembassy.gov/covid-19-information/
New Zealand	https://nz.usembassy.gov/covid-19-information/

Latin America:

Argentina	https://ar.usembassy.gov/covid-19/
Paraguay	https://py.usembassy.gov/covid-19-information/
Bolivia	https://bo.usembassy.gov/covid-19-information/
Brazil	https://br.usembassy.gov/covid-19-information/
Chile	https://cl.usembassy.gov/u-s-citizen-services/security-and-travel-information/covid-19-information/
Colombia	https://co.usembassy.gov/covid-19-information/
Costa Rica	https://cr.usembassy.gov/covid-19-information/
Ecuador & The Galapagos	https://ec.usembassy.gov/covid-19-information-ecu-2/
Guatemala	https://gt.usembassy.gov/alert-covid-19-2/
Nicaragua	https://ni.usembassy.gov/covid-19-information-2-2-2-2/
Panama	https://pa.usembassy.gov/covid-19-information/
Peru	https://pe.usembassy.gov/covid-19-information/
Uruguay	https://uy.usembassy.gov/covid-19-information/