

**CO**RONA**VI**RUS **D**ISEASE 2019
(COVID-19)

**Social Posts – Spring Break Travel Safely**

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| **Audience:** MarComm colleagues to post on social media |
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Social Post #1 – CDC Travel Guidance

Spring break is coming and because of #COVID19, it’s important that you #StaySafe. Traveling increases your chance of getting and spreading COVID-19. Delay travel and stay home to protect yourself and others from COVID-19, even if you are vaccinated. If you do travel, follow this guidance from the CDC: [Travel During COVID-19 | CDC](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#if-you-travel)

Social Post #2 – CDC Travel Planner

Considering traveling for spring break? The CDC recommends that you do not travel, as it increases your chance of getting and spreading COVID-19. Check the CDC Travel Planner before your trip to learn more about the #COVID19 restrictions and guidance at your destination if you are unable to delay travel. [COVID-19 Travel Planner | CDC](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html) #StaySafe

Social Post #3 – Steps for Safe Travel

Spring break is just around the corner! The CDC recommends that you do not travel, as it increases your chance of getting and spreading COVID-19. If you are planning to travel, take these steps to protect yourself and others from #COVID19:

* If you are eligible, get fully vaccinated against COVID-19
* Get tested 1-3 days before your trip
* Wear a mask when in public
* Avoid crowds and physically distance from anyone who did not travel with you
* Get tested 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative If you don’t get tested, stay home and self-quarantine for 10 days after travel
* Follow all state and local recommendations or requirements after travel

Social Post #4 – Travel Safely

Spring break is approaching and because of #COVID19, please #StaySafe if you plan to travel. Lower your risk of contracting and spreading the virus - wear a mask, physically distance, wash your hands, avoid crowds and get a vaccine. Delay travel plans if you can, as the CDC recommends that you do not travel because it increases your chance of getting and spreading COVID-19. See other travel safety tips: [Spring Break Travel | Travelers' Health | CDC](https://wwwnc.cdc.gov/travel/page/spring-break-travel).