



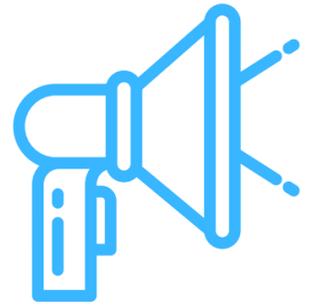
# COVID-19 HELP FOR TRAVELERS ABROAD

Updated 4/2/2020

## TRAVEL ADVISORIES

On March 31, the State Department updated its **Global Health Advisory - Level 4: Do Not Travel** advising U.S. citizens to avoid all international travel and for U.S. travelers abroad to arrange for immediate return to the U.S. unless they are prepared to remain abroad for an indefinite period.

Many countries experiencing COVID-19 outbreaks are implementing travel restrictions, including quarantines and border closures. If you choose to travel internationally, your travel plans may be severely disrupted as prospects for commercial or evacuation flights become more limited or even unavailable.



Visit [travel.state.gov](https://travel.state.gov) for up-to-date travel advisories.

## WHAT DO I DO IF I GET STUCK ABROAD?



1) Contact the nearest U.S. embassy or consulate. You can find contact information at [usembassy.gov](https://usembassy.gov), or

2) Call the 24-hour assistance call center:  
From the U.S. & Canada: 1-888-407-4747  
From Overseas: +1 202-501-4444

3) Enroll in the State Department Smart Traveler Enrollment Program (STEP) for emergency alerts and information at: [step.state.gov](https://step.state.gov)

Travelers can also monitor the Embassy/Consulate website, and country-specific social media accounts for updates.

## RETURNING FROM HIGH RISK COUNTRIES

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).



For up-to-date Travel Health Notices visit: [wwwnc.cdc.gov/travel/notices](https://wwwnc.cdc.gov/travel/notices)

## RETURNING FROM CRUISE SHIP TRAVEL



CDC has issued a Level 3 Travel Health Warning for cruise ship travel and recommends that all people defer travel on cruise ships, including river cruises, worldwide.

Passengers who return from a cruise ship or river cruise voyage are advised to stay home for 14 days, monitor their health, and practice social distancing.