Choosing travel situations where you spend as little time with people you don’t live with as possible.

- Spend time outdoors, such as on the beach, hiking, or camping.
- Observe 6’ distance between yourself and others; indoors and outdoors.
- When indoors at a restaurant, bar, store, or other place, wear a mask; it really makes a difference!
- Limit airplane, train, or bus travel.
- If you are feeling sick, postpone your travel until you are well.
- If you experience symptoms of COVID-19, get tested right away.

There is no requirement to self-quarantine after travel within Michigan, but it’s best to limit your contact with others as much as possible after your return.

- Wear a mask when in enclosed spaces outside your home.
- Monitor yourself for symptoms, and seek testing immediately if symptoms arise.

Many states have greater community COVID-19 spread than Michigan.

- BEDHD recommends quarantine if you are returning from an area with high COVID-19 spread. This is a recommendation, not a requirement. Speak with your employer about their policy.
- Wear a mask if you must go to get essential items.
- Monitor yourself for symptoms, and seek testing immediately if symptoms arise.

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- Seek a test if symptoms appear.