

Travel-Related Quarantine Guidelines | COVID-19

Updated January 21, 2022

In response to the COVID-19 pandemic, The Kansas Department of Health and Environment (KDHE) will issue regular guidance on travel-related quarantines for **international**, **domestic**, and **cruise**-related travel. The length of a travel-related at home quarantine is 5 days after your last exposure with an additional requirement to wear a well-fitting mask indoors and outdoors when around others for an additional 5 days. If you cannot mask, at-home quarantine is recommended for 10 days. Quarantine would start the day after you return to Kansas or from the mass gathering. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine. Regularly check this list to stay up to date on travel-related guidance. Please refer to the [KDHE Isolation and Quarantine FAQ](#) for additional information.

Who does not need to quarantine:

- You are up to date with your COVID-19 vaccines. This means that you are ages 5 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people when eligible
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a viral test).

For all others, KDHE is recommending **home quarantine** for people in Kansas:

1. Traveled between Dec. 16 and Jan. 21 to Andorra.
2. Traveled between Jan. 10 and Jan. 21 to New York and Washington D.C.
3. Traveled between Jan. 10 and Jan. 21 to Isle of Man and San Marino.
4. Traveled on or after Jan. 21 to Aruba.
5. **Attendance at any out-of-state or in-state mass gatherings of 500 or more where individuals do not socially distance (6 feet) and wear a mask.** Mass gatherings are defined as any event or convening that brings together 500 or more persons in a single room or space at the same time such as an auditorium, stadium, arena, large conference room, meeting hall, theater or any other confined indoor or outdoor space. This includes parades, fairs and festivals. Mass gatherings does not include normal operations of airports, bus and train stations, medical facilities, libraries, shopping malls and centers, or other spaces where 500 or more persons may be in transit. It also does not include typical office environments, schools, restaurants, factories or retail/grocery stores where large numbers of people are present, but it is unusual for them to be within 6 feet of one another for more than 10 minutes.
6. Traveled on a **cruise ship or river cruise on or after March 15, 2020.**

I have traveled recently and meet one of the mandatory quarantine criteria above. What should I do?

Those who are under a 5- or 10-day home quarantine should stay home and monitor their symptoms. They should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. If you become ill and need to seek medical attention, let your provider know that you have traveled recently or have been otherwise exposed to COVID-19. See [KDHE's Isolation and Quarantine FAQ](#) for more information.

How are these travel areas determined?

For countries outside of the United States, KDHE evaluates rates of diseases in those countries compared to the Kansas rate.

For locations within the United States, KDHE uses a number of sources of data including the number of cases each state has per population to determine whether the rate of disease is higher than the Kansas rate.

Currently, KDHE does not consider travel within Kansas as a criteria for travel-related quarantine. However, a local health officer may choose to include this as a criteria so you should be aware of your local isolation and quarantine criteria.

Check this page routinely for more the most up-to-date information regarding travel-related guidelines. The next travel quarantine list update will be sent out during the first week of January.

KDHE Travel-Related **Mandatory** Quarantine Areas:

	Type	Effective Date	Where?
	International Travel	Between December 16 and January 21	Andorra
		Between January 10 and January 21	Isle of Man and San Marino
		On or after January 21	Aruba
	Domestic Travel	September 10, 2020	Attendance at any out-of-state or in-state mass gatherings of 500 or more where individuals do not socially distance (6 feet) and wear a mask.
		Between January 10 and January 21	New York and Washington D.C.
	Cruises	On or after March 15, 2020	All cruise ships and river cruises

What to do for quarantine

- Stay home and away from other people **for at least 5 days** (day 0 through day 5) after your travel. The date of your return to Kansas is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible. After your 5 days of home quarantine, you may return to most regular activities while wearing a well-fitting mask indoors and outdoors around others for an additional 5 days. **If you are unable to wear a mask when around others, you should continue home quarantine for a full 10 days.**
- For 10 days after your travel, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- If you develop symptoms, [get tested](#) immediately and isolate until you receive your test results. If you test positive, follow [isolation](#) recommendations.

- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your travel.
- If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after travel.