

# International Travel & Cruise Ship Travel

## International Travel

If you have been outside of the United States within the last 14 days and visited an area that currently has a CDC Level 3 Travel Notice, you should self-quarantine for 14 days.

<https://wwwnc.cdc.gov/travel/notices>

## Cruise Travel

If you have traveled on a cruise ship or river cruise within the last 14 days, you should follow the CDC guidelines for returning from a cruise, including the 14 day self-quarantine. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/returning-cruise-voyages.html>

## Instruction

- Stay home, avoid contact with others for 14 days from the date of your return to the United States or from the cruise. Do not come to campus.
- Take your temperature with a thermometer two times a day to monitor for fever. You can use a [temperature log](#) to record your results.
- Watch for [cough or trouble breathing](#).
- Review the [COVID-19 daily responsibility list](#) and follow the instructions based on symptoms.
- Do not take public transportation, taxis, or ride-shares.
- Keep 6 feet physical distance from others.

