

# Staying Safe and Healthy

## COVID Corner

with the Area Agency on Aging District 7



### CDC Travel Guidelines

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States.
- Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it and do not need to self-quarantine.
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
  - o Wear a mask over your nose and mouth.
  - o Stay 6 feet from others and avoid crowds.
  - o Wash your hands often or use hand sanitizer.

**More information can be found at [www.cdc.gov](http://www.cdc.gov)**

**Information about vaccine providers in our ten core counties is available at our website at [www.aaa7.org](http://www.aaa7.org) or by calling 1-800-582-7277 Monday through Friday from 8:00 am until 4:30 pm. This includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.**