

CDC recommends three COVID-19 tests for Americans traveling abroad

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(HealthDay)—Americans planning to travel out of the country should

get a total of three COVID-19 tests before and after their flights, according to updated guidelines from the U.S. Centers for Disease Control and Prevention.

The agency recommends a test one to three days before the [flight](#) and a test three to five days after the flight, as well as isolating for seven days.

The CDC advises travelers to stay home for the full week even after testing negative and increasing their isolation to 14 days if not getting tested. A third test should be done one to three days before returning. The agency says that all travelers should avoid flying while awaiting test results.

Even though the agency has urged Americans not to travel for the Thanksgiving holiday, millions are expected to drive or fly in the highest numbers since the start of the coronavirus pandemic, *CBS News* reported.

More information: [CBS News Article](#)
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