

The CDC Just Added 7 New Countries to Its Highest Risk Category for Travel

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In disappointing news for travelers, the U.S. Centers for Disease Control and Prevention (CDC) just moved seven popular countries to their highest risk category for travel. The CDC currently [categorizes countries by four levels](#) based on their COVID-19 infection rates.

The worst warning level is “Level 4: COVID Level Very High”, for which the CDC advises, “Avoid travel to these destinations. If you must travel to these destinations, make sure you are fully vaccinated before travel.”

The following countries were just moved to Level 4:

- Aruba
- Eswatini (formerly Swaziland)
- France
- French Polynesia
- Iceland
- Israel
- Thailand

The CDC [still recommends](#) against any form of international travel until you are fully vaccinated. “Fully vaccinated travelers are less likely to get and spread COVID-19,” the agency warns. “However, international travel poses additional risk and even fully vaccinated travelers might be at increased risk for getting and possibly spreading some COVID-19 variants.”

CDC: All People Should Avoid Travel on Cruise Ships

The Centers for Disease Control (CDC) just raised their warning for cruise ship travel to the highest level. Under Level 4: Very High Level of COVID-19, the CDC recommends that “all people avoid travel on cruise ships, including river cruises, worldwide, because the risk of COVID-19 on cruise ships is very high.”

The guidelines especially urge that people who are in a high-risk category avoid cruise ship travel for any reason. Undeterred? The CDC advises that cruise ship passengers get tested 3-5 days after travel, and quarantine at home for seven days (even if their test is negative). If passengers choose not to get tested, the CDC asks that they quarantine for 14 days following their trip.

The CDC also updated air travel guidelines, recommending that passengers:

Get tested 1-3 days before flying

Get tested 3-5 days after travel and quarantine for 7 days after returning home (even with a negative test result)

OR quarantine for 14 days

Follow state and local travel recommendations or requirements

Do not travel if you are feeling sick or waiting for test result

Cramped planes, tainted water, jet lag, and general exhaustion: Travel brings plenty of opportunities for you to get sick. You’ve waited all year for your vacation—so why ruin it with something preventable? Up your chances of staying healthy while traveling by packing travel products designed to help you feel great.

Seat Sitters Airplane Seat Cover, Tray Table Cover, and Face Mask Kit



Amazon

It’s no joke just how dirty and germ-infested planes are. One of the most contaminated areas—and the one most likely to touch your food—is the tray table. Defend yourself with the Seat Sitters Airplane Seat Cover, Tray Table Cover and Face Mask Kit. These machine-washable, super hygienic covers can easily slip on and off your seat in seconds.