

# What Precautions Should a Person Take if They Travel? Is Quarantine Required After Travel?

- See CDC's guidance for recommendations on how to protect oneself during travel (domestic or international):  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- See NH's [Isolation and Quarantine](#) guidance for who needs to self-isolate or self-quarantine
- Quarantine after travel is not required in NH