

From Our Constituent Services Desk...

Given the current health situation and political environment around the world with the we wanted to take this time to reiterate some tips for traveling internationally.

First, check for any [Travel Advisories](#) for the country you plan to visit on the State Department website and read [Crisis Abroad: Be Ready](#). This will help you make appropriate evacuation plans should the need arise.

Second, enroll in the Department of State's [Smart Traveler Enrollment Program \(STEP\)](#). This is a free service which allows U.S. citizens traveling abroad to receive the latest security updates from the nearest U.S. embassy or consulate. This allows you to make informed decisions about your trip, and enables the embassy or consulate to contact you in an emergency. This will also allow the State Department to contact a family member or friend back in the U.S. should you have an emergency and can't reach them yourself.

Familiarize yourself with where you are going on the Center for Disease Control and Prevention (CDC) [Traveler's Health site](#). Here you will find travel health notices, suggested safety tips related to food and drink, and even tips on how to get medical care while traveling. The CDC also has specific country information and issues [health alerts specific to COVID-19](#).

There is a COVID-19 testing requirement for reentry to the US. Effective January 26, 2021, the CDC requires ALL passengers, regardless of vaccination status, to present a negative COVID-19 test, taken three calendar days of departure or proof of recovery from the virus within the last 90 days. The website for the US Embassy or Consulate in the country you are visiting will have information on where you can get the required COVID test. Please note, while this test is free in the US, it is not free in other countries. The test may cost upwards of \$300 US dollars depending on the country you are in.

Lastly, it is very strongly recommended you purchase travel insurance. There are many reputable companies with the quotes based on the total cost of your trip and the level of coverage you'd like to have. Basic coverage should include evacuation, death abroad, and medical (if not covered by your health insurance).

If you have any questions or a specific problem with the U.S. Department of State, please contact our office at caseworkga11@mail.house.gov or 770-429-1776. We look forward to serving you should you need our assistance.