

PSA #4: Follow State and Local Guidance (30 seconds)

This is a message from the CDC. Travel increases your chance of getting and spreading COVID-19.

State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and quarantine requirements upon arrival. For up-to-date information and travel guidance, check the state and local health departments where you are, along your route, and where you're going. To learn more, visit [cdc dot gov slash COVID19](https://www.cdc.gov/COVID19).