

## **Irene's Myomassology Institute Covid-19 Travel Policy 3/2022**

### **Travel Outside of Michigan**

**After Travel** If you are NOT Up to Date with your COVID-19 Vaccines

- Stay home and self-quarantine for a full 5 days after travel.
- Get tested with a [viral test](#) 3-5 days after returning from travel.
- Additionally follow recommendations below for ALL travelers.

### **ALL Travelers**

- Self-monitor for [COVID-19 symptoms](#) (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, diarrhea).
- If you develop symptoms, isolate and get tested.
- [https://www.michigan.gov/coronavirus/0,9753,7-406-99891\\_99912---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912---,00.html)