

**La cusboonaysiiyey Julaay 12, 2021**

Sida ay dhigayaan xeerarka dawladda fadaraalka, [afsaabyada wali waa loo baahan yahay gaadiidka dadwaynaha](#) (Linkigu waa Ingiriisi), oo ay ku jiraan basaska dugsi.

CDC waxay ku talinaysaa inaad dib u dhigato socdaalkaaga ilaa si buuxda lagu tallaalayo sababtoo ah safarku wuxuu sare u qaadaa fursadda aad ku qaadayso kuna faafinayso COVID-19.

Dadka socdaalayaa waa inay raacaan tilmaamaha gobolka ama waddanka ay booqanayaan. Xeerarkan waxa dhici karta inay goboladu ama waddamadu ku kala duwanaadaan.

[Akhri talobixinaha Waaxda Caafimaadka ee ku aaddan ka ilaalinta naftaada iyo inuu qofba kan kale ka ilaaliyo COVID-19.](#) (Linkigu waa Ingiriisi).

## Socdaalka Caalamiga ah

### U socdaalidda Kanada



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Hubi CDC [ogaysiisyadeeda u socdaalidda Kanada](#). Akhri Kanada [xayiraadaheega galitaanka](#). (Linkigu waa Ingiriisi).

Raaca CDC [tilmaamaheega socdaalka kadib](#) markii aad ku soo laabato Maraykanka. (Linkigu waa Ingiriisi).

## Socdaalka Kale ee Caalamiga ah

Haddii aad qorshaynayso inaad caalamka u socdaasho, ka hubi [liiska Talooyinka Socdaal ee waddan kasta](#) Wasaaradda Arrimaha Dibadda Maraykanka oo booqo [travel.state.gov](#) si aad u hesho macluumaad faahfaahsan oo ku saabsan socdaal caalami ah oo badbaado leh. Fiiri tilmaamaha CDC ee ku saabsan [baaritaanka iyo socdaalka caalamiga ah](#). (Linkiyadu waa Ingiriisi).

Booqo [Bogga socdaalka CDC \(linkigu meel kale ayuu ku gaynaya\)](#) si aad u hesho [talobixinaha socdaalka ee waddan kasta \(linkigu meel kale ayuu ku gaynaya\)](#) oo fiiri [su'aalaha badanka la iswaydiyo ee Dadka Socdaalaya](#). (Linkiyadu waa Ingiriisi).

CDC waxay ku talinaysaa in dadku ayna ku socdaalin maraakiibta dalxiiska, oo ay ku jiraan maraakiibta dalxiiska ee webiyada, adduunka oo dhan haddii aan la tallaalin. Tani gaar ahaan waa muhiim haddii ay ku jiraan [dadka khatarta badan ugu jira inay jirro daran haleesho](#). Taasina waa sababta halista COVID-19 ee maraakiibta dalxiisku ay u sarrayso. Wax badan ka ogow [ku socdaalka maraakiibta dalxiiska ee badda iyo webiyada](#). (Linkigu waa Ingiriisi).

Waxa waajib kugu ah inaad raacdo xayiraadaha socdaalka iyo shuruudaha karantiimada ee waddamada aad qorshaynayso inaad booqato.

Raac CDC [tilmaamaheega socdaalka kadib](#) markii aad ku soo laabato Maraykanka. (Linkigu waa Ingiriisi).

Waxda Caafimaadku si joogto ah ayey ula xiriirtaa dadka socdaalaya caalamka, oo ay ka mid yihiin muwaadiniinta Maraykanka ah markii ay u soo duulayaan Vermont kadib markii ay socdaal ku tageen waddamo kale.

Updated July 12, 2021

According to federal rules, [masks are still required on public transportation](#) (link is in English), including school buses.

CDC recommends delaying travel until you are fully vaccinated because travel increases your chance of getting and spreading COVID-19.

Travelers should follow the guidelines of the state or country they visit. These rules may be different state by state or country by country.

[Read the Health Department recommendations for protecting yourself and each other from COVID-19.](#) (Link is in English).

## International Travel

### Travel to Canada



**Updated July 12, 2021**

Check CDC's [travel notices for Canada](#). Read Canada's [entry restrictions](#). (Link is in English).

Follow the CDC's [after travel guidance](#) when you return to the U.S. (Link is in English).

## Other International Travel

If you are planning on traveling internationally, check the current [list of Travel Advisories by country](#) from the U.S. Department of State, and visit [travel.state.gov](#) for detailed information on safe international travel. See CDC guidance on [testing and international travel](#). (Links are in English).

Visit the [CDC's travel page \(link is external\)](#) for [travel recommendations by country\(link is external\)](#) and see the [FAQs for Travelers](#). (Links are in English).

The CDC recommends that people avoid travel on cruise ships, including river cruises, worldwide if they are not vaccinated. This is especially important if they are at [increased risk of severe illness](#). That's because the risk of COVID-19 on cruise ships is high. Learn more about [cruise ships and river cruise voyages](#). (Link is in English).

You must follow travel restrictions and quarantine requirements for the countries you plan to visit.

Follow the CDC's [after travel guidance](#) when you return to the U.S. (link is in English).

The Health Department routinely contacts international travelers, including U.S. citizens when they fly to Vermont following travel to other countries.