

Covid-19 Requirements

Requirements for international travel can vary from country to country, especially with the accompaniment of ever-changing CDC/WHO mandates. However, one thing that has remained constant since the re-opening of the borders is that a **negative PCR/ RT PCR test** - results PRINTED- must be on hand for your departure. **The sample MUST be collected from a nasal or oral swab, saliva tests are NO LONGER ACCEPTED BY AIRLINES.** It is mandatory to wear a face mask aboard all flights, and some airlines and governments require a Health Declaration Form be filled out before entering the country. Below you will find information regarding travel timelines as relates to testing results and other travel requirements, as well as a list of at-home PCR test kit options. Data has been pulled and compiled from official U.S. Embassy sites and international airlines for the most accurate and up-to-date travel information. We strongly encourage due diligence in verification of these travel requirements, as government protocols and mandates continue to change. **Abandon relocation to any country that mandates the VAXALINE(s).**

Djibouti Travel Requirements

- ◆ Unvaccinated travelers **must have a printed negative COVID-19 PCR test result issued at most 72 hours before departure from their embarkation point and at most 120 hours before arrival.**
 - This does not apply to passenger younger than 12 years.
 - Unvaccinated travelers aged 11 and older need a COVID-19 testing on arrival at traveler's expense. Passengers are subject to medical screening and quarantine at their own expense.

Eritrea Travel Requirements

- ◆ *Due to the COVID-19 pandemic, Eritrea has suspended visitor visa issuance. Visit the government website for details.*

Ethiopia Travel Requirements

- ◆ Ethiopia COVID-19 entry regulations/requirements are lifted effective immediately (as of October 28, 2022). However, please note the following prohibited activities and duties imposed:
 1. It is prohibited for any person who knows he is infected with Coronaviruses to enter the country.
 2. Any person showing COVID-19 symptoms has the duty to appropriately wear face mask, get self-test or test at health facility and follow and implement General COVTD 19 preventive measures if tests positive.
 3. Any COVID-19 positive person shall isolate himself either at home or health facility according to the severity of the illness until declared recovered by a health professional.

Sudan Travel Requirements

- ◆ Travelers don't need a negative COVID-19 test result before traveling to Sudan.

At-home COVID-19 Test Kit Options

Negative Covid-19 RT-PCR test results are required for international travel and results are time sensitive. If possible, **make sure to order your home-kit weeks in advance of your flight to ensure timely delivery.** These home-kits can be kept and stored for months before use. Make sure to coordinate the time of taking the test with the airline requirements for departure. Keep in mind that an additional test may be required onsite based upon the country of your destination.

The 4 options listed below provide at-home kits that test for the presence or absence of RNA from SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2), which causes the disease Coronavirus Disease 2019 (COVID-19). Each home-kit includes:

- Delivery right to your doorstep.
- An Emergency Use Authorization (EUA) from the FDA and is used with EUA **authorized RT-PCR tests** that meet FDA benchmarks for accuracy.
- Approved by airlines for international travel.
- Gentle, **noninvasive**, shallow lower nasal swab sample collection, which only enters the lower canal of your nostril (less than 1 inch). Designed to be easy for effective self-collection from home. We recommend a secondary method of transfer onto the Q-tip (i.e., finger or blow very hard on to the swab).
- *Potential reimbursement if you have health insurance.*
- Shipment of your sample, **Monday-Friday**, should be received by labs within 1-2 business days.
- **Results are typically available within 24-48 hours after the lab receives your sample.**
- An official lab report will be made available to you, to serve as proof of your result.

1. [EmpowerDX](#) – Pay \$99
 - a. Eligible for ages 3+
 - b. Pay with insurance or with credit card.

- c. **Delivered in only 2 business days.**
 - d. At home COVID tests are shipped Monday – Friday.
 - i. If you order on Friday, the kit will arrive by the following Tuesday. Orders over the weekend will arrive by Wednesday. Make sure to order in advance to avoid possible shipping delays.
 - e. Complete your test right from your home and take your completed kit to a local FedEx drop box before end-of-day pickup to have it overnighted to the lab (**Monday – Friday only**). *FedEx drop boxes do NOT pick up on Saturday or Sunday.*
 - f. **Results in 48 hours**, Monday-Friday.
 - i. You will be emailed once your results are ready on our secure portal.
2. [Everlywell](#) – **Pay \$109**
- a. Eligible for ages 18+
 - b. Free shipping.
 - c. You should receive your home collection kit **within 2-8 business days**, based on the shipping method you choose.
 - d. FSA/HAS eligible.
 - e. Self-collect, Monday-Friday and return to the designated overnight shipping carrier drop-off location. **You MUST drop off your sample on the same day you collect.**
 - f. The cost of test may be reimbursed if you have health insurance.
 - i. Unfortunately, Everlywell is not enrolled in the Medicare program, and this test is ineligible for Medicare reimbursement.
3. [Get My DNA](#) – **Pay \$99 w/ prepaid return included**
- a. Eligible for ages 18+
 - b. Shipped right to your door, using **FedEx overnight delivery**.
 - c. Video demonstration provided.
 - d. **Return your sample**, free of charge, **at the nearest FedEx drop-box**.
 - i. Once lab receives the sample, **expect results in 24-48 hours**.
4. [Let's Get Checked](#) – **Pay \$109**
- a. Eligible for ages 2+
 - b. Receive at-home kit **within 24-48 hours**.
 - c. Notifications by SMS and email to keep you informed throughout the entire process.
 - d. **Online results within 24-72 hours**.
 - i. Official Covid-19 lab report available for download on your mobile device.
 - e. Itemized receipt provided for purpose of reimbursement from your health insurance provider or health coverage plan.