



OFFICE OF THE SECRETARY OF DEFENSE
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WASHINGTON, D.C. 20301-1000

MAR 04 2021

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP

SUBJECT: Travel Guidance Extension

The Office of Management and Budget continues to direct that Federal personnel should adhere strictly to the Centers for Disease Control and Prevention (CDC) guidelines before, during, and after travel, regardless of whether the travel is personal or for official business.

In response to this continued direction, effective on the date of this memo and for the next 30 days, and subject to further extension, the Secretary of Defense has directed that all official international travel for senior DoD leadership (Deputy Secretary of Defense, Secretaries of the Military Departments, Chairman of the Joint Chiefs of Staff, Under Secretaries of Defense, Vice Chairman of the Joint Chiefs of Staff, Chiefs of the Military Services, Chief of the National Guard Bureau, and Assistant Secretaries of Defense) be minimized to only that which is absolutely operationally required. Any international travel shall include being tested 3-5 days after returning and the observation of a mandatory 7 days of self-quarantine. Additionally, the reception of foreign dignitary visitors by senior DoD leadership during period should be similarly minimized. Waivers of the guidance above requires specific approval of the Chief of Staff.

With regards to domestic travel, CDC does not require that domestic travelers undergo a mandatory federal quarantine, but does provide the following recommendations:

1. Get tested within 3-5 days after travel **AND** stay home and self-quarantine for 7 days after travel.
2. If you do not get tested, stay home and self-quarantine for 10 days after travel.
3. Avoid being around people who are at increased risk for severe illness for 14 days.
4. If you test positive or have symptoms of COVID-19, isolate yourself to protect others from getting infected and follow public health recommendations.

Take the following actions for 14 days after you return from travel:

1. Stay at least 6 feet from anyone who did not travel with you.
2. Wear a mask when you are in shared spaces outside of your home.
3. If there are people in the household who did not travel with you, wear a mask and ask everyone in the household to wear masks in shared spaces inside your home.
4. Wash your hands often or use hand sanitizer with at least 60% alcohol.
5. Avoid being around people who are at increased risk for severe illness.
6. Look for symptoms of COVID-19, and take your temperature if you feel sick.
7. Isolate yourself and follow public health recommendations if you get sick.

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OSD001890-21/CMD002878-21