

# FlyHealthy@SEA

FlyHealthy@SEA is our layered, comprehensive action plan to ensure your health and well-being while traveling. Be informed and ready with these [travel tips and resources](#). Please contact your airline if you have questions about that part of your journey.

## New COVID-19 Protocols for International Travel

COVID-19 international travel protocols continue to evolve. These are some of the newest COVID-19 testing requirements to be aware of as you plan your trip. Testing before and after travel is a critical layer to slow the introduction and spread of COVID-19.

- **A negative COVID-19 test is required for all [international passengers](#)** coming into the U.S. with written documentation of a laboratory test result (paper or electronic copy) provided to the airline. This is combined with the CDC recommendation to get tested again 3-5 days after arrival and stay home for seven days post-travel. Effective as of Jan. 26, the CDC's protocols are in place during [international arrivals and passport control process at SEA](#) as well as the implementation of [facial recognition](#).
- **A presidential proclamation expands travel restrictions for South Africa, Brazil, Britain and 27 European countries.** Due to go into effect on Jan. 30, [the proclamation](#) applies to noncitizens attempting to come to the U.S. from any of those countries for 14-days prior to travel.
- **All travelers headed to the Netherlands must show a negative rapid test within four hours of departure.** This is in addition to the already mandatory negative PCR test, which must be taken no more than 72 hours before arrival. [Pre-flight testing](#) is available for those flying to Amsterdam from SEA through Discovery Health MD at the South Satellite SkyClub Lounge near Gate S10 from 9:30 a.m. to 1:30 p.m. or four hours before departure to the Netherlands.

### Other Resources

- Learn about other [COVID-19 testing and travel requirements](#).
- Need a COVID-19 test to travel? Find local [COVID-19 testing options](#) at SEA Airport.
- Understand the use of [facial recognition](#) at SEA Airport.
- Read about [international travel and FlyHealthy@SEA](#).
- Check out the [CDC website](#) for COVID-19 and travel.



## In case you missed it!

We're all living a new normal at the [one-year mark](#) since the onset of COVID-19. Now with the rollout of the COVID-19 vaccine, we see a glimmer of light to look forward to the end of the pandemic. To understand your expectations during the COVID-19 era and the actions that restore your confidence in travel, we asked for your input throughout 2020 [in polls and surveys](#). Most recently during the holiday travel season, you told us what you think about travel and the future. [Explore the opinions of SEA travelers.](#)



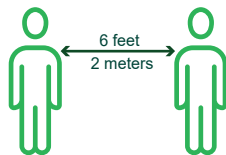
## Travel in a New Normal

Before you take the skies, your experience at SEA looks and feels different. These are steps the airport has taken under our FlyHealthy@SEA program:

- We [doubled down on cleaning at SEA](#) with frequent disinfection with medical-grade cleaning products. We even secured international accreditations for cleaning practices.
- Added over 280 hand sanitizer stations throughout the terminal for your use. [Download the SEA App](#) with our interactive map of hand sanitizer locations.
- [Breathe easy](#) knowing our air filtration and ventilation system constantly circulates fresh, outdoor air through the terminal and uses filters that capture 90 percent of COVID-19 sized particles.
- SEA launched [Pre-Booked Parking](#) as an innovation for seamless, contact-free travel.
- Installed nearly 650 plastic protective barriers that buffer interactions between travelers and airport employees, and 8,000 signs for reminders and spacing to honor physical distancing.
- Eat and shop with confidence because airport restaurants and retailers are also going [above and beyond](#) to protect your health and well-being.
- Discovery Health MD opened an on-site [COVID-19 testing location](#) for non-symptomatic travel testing.

## Help Stop the Spread – Passenger Actions

Passengers, employees, and the community can help stop the spread of COVID-19. We ask you to follow these guidelines to protect yourself, your fellow travelers and airport employees, including:



- Avoid non-essential travel
- Stay home when you are sick. And get better soon!
- Wear face coverings to help slow the spread of germs
- Practice physical distancing
  - Maintain your distance and stay six feet (or two meters) apart from others
  - No more than four in an elevator
  - Using every fourth step on escalators
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth