CDC 21-Day Rule – Quick Reference

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The rule

Since 11:59 p.m. EST on November 3, 2026, everyone boarding an aircraft to the United States from a foreign country must sign an attestation that they have not been in the Democratic Republic of the Congo (DRC) during the 21 days before boarding. Scheduled to run through 11:59 p.m. EST on December 18, 2026, unless amended or rescinded.

How to count

Day 0	Calendar day the person leaves the DRC (airport transits count)
Day 1	First full calendar day outside the DRC
Days 0–21	No US-bound flights
Day 22	Earliest US-bound boarding (if all other requirements met)

Example: leave DRC Nov 4, 2026 → Day 21 = Nov 25 → earliest boarding Nov 26, 2026.

Uganda & South Sudan

Non-U.S. citizens/nationals (incl. green card holders) who were there within 21 days will not be allowed to enter until 21 days after leaving. U.S. citizens/nationals are routed through IAD, ATL or JFK for public health screening.

Who it covers

All persons (U.S. citizens included) and crew, on commercial, charter, private, general aviation and cargo flights, including U.S. connections. Not land borders or seaports.

Fill-in

Traveler	Left on (Day 0)	Earliest boarding (Day 22)	Flight

Sources: cdc.gov/port-health/legal-authorities/attestation-order.html · cdc.gov/ebola/situation-summary/returning-travelers.html · Federal Register 2026-22211. Online calculator: smartnewshq.com/travel/21-day-rule-calculator/