Considerations for Travel during COVID-19

Medina County Health Department has compiled the following considerations and resources to help protect yourself and others while traveling during the COVID-19 pandemic. For more information related to travel and COVID-19, please visit the CDC's website at: https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html or visit Medina County Health Department's website at www.MedinaHealth.org.

Q: Am I allowed to travel outside the state of Ohio?
A: On July 22, 2020, Ohio Governor Mike DeWine issued an advisory recommending that domestic travelers who have been in states with a high positive testing rate for COVID-19 quarantine for 14 days upon entering Ohio. The warning will stay in effect until the Governor and Ohio Department of Health rescind the advisory.

The list of states included in the travel advisory will be updated every week on Wednesday: https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory

Q: What steps should I take to help reduce my chances of getting sick?
- Clean your hands often.
- Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.
- If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with others.
- Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.
- Make sure you are up to date with your routine vaccinations, including measles-mumps-rubella (MMR) vaccine and the seasonal flu vaccine.

Q: Do I have to quarantine if I travel back to Ohio from another state?
A: Completing a 14-day quarantine after traveling to states with a high positive testing rate for COVID-19 (15% or more of tests returning positive) is advised. The list of states with a high positive testing rate may change often, so it should be consulted regularly by travelers. Travelers should stay in their quarantine location for 14 days from the time they left a listed state and avoid interacting with anyone, including others in their household.

Q: What is quarantine?
A: Quarantine is used to keep someone who might have been exposed to COVID-19 away from others until it can be determined whether they are contagious. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Q: What is considered travel to another state? What if I'm just passing through or stopping for fuel?
A: Travel to another state occurs any time a person crosses into a state via air travel, public transit, personal vehicle, or ride shares/taxis and interacts with individuals in that state. Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.

Q: What if I didn't interact with or had limited contact with others in a listed state?
A: When determining whether you should quarantine, consider the activities engaged in while you were traveling to or through listed states. Did you social distance, wear a mask, and wash or sanitize your hands often? Did you have prolonged, sustained contact with others? For example, stopping for fuel or traveling to an office where social distancing, mask wearing, and hand hygiene are practiced regularly are less risky than going to a restaurant or gathering that does not enforce mask wearing or social distancing. For more information, visit: coronavirus.ohio.gov

Q: Is this a recommendation or requirement?
A: Quarantine related to travel is a recommendation, not a requirement. Quarantine is recommended because it is one of the most effective methods in preventing the spread of COVID-19. Quarantining helps keep you, your family, your friends, and your community safe.

Q: Does the recommendation apply to people traveling to Ohio from another state as well as people who live in Ohio returning from a trip to one of the listed states?
A: Yes, this recommendation applies to both out-of-state visitors to Ohio and to Ohioans coming back from a trip to a listed state. People who are planning on traveling to Ohio or visiting Ohio from one of the listed states should quarantine for 14 days to prevent the spread of COVID-19. Visitors should stay in their quarantine location for the full 14 days prior to interacting with anyone outside their travel group or household. It is also important to note, that Ohio has a mandatory mask requirement for those 10 and over in public with some exceptions.

Q: Does it apply to business travel?
A: Yes, the advisory applies to travel for both leisure and business purposes.

Q: How should businesses implement these recommendations?
A: Businesses should review the eligibility criteria in the Families First Coronavirus Response Act and provide flexible leave and work-from-home policies to accommodate the recommendation.

Q: If a family member has returned from one of the listed states, must a non-traveling household member quarantine?
A: The recommendation applies to Ohioans who have traveled to one of the listed states. However, if the individual who is under quarantine develops any signs or symptoms or has a positive test result, their close contacts, including household members, should also quarantine.

Q: Should I quarantine if I don't have any symptoms?
A: Yes, it is recommended that someone who has traveled to or is visiting from a listed state quarantine for 14 days.

Q: What if I get a negative test showing I don't have COVID-19? Should I still quarantine?
A: Yes. It could take days before an infection shows up on a lab test. So, even if you test negative for COVID-19 or feel healthy, you should quarantine for the full 14 days.

Q: What if I already had COVID-19 and have recovered?
A: Because COVID-19 is caused by a novel (new) coronavirus, it is unknown whether a person can be For more information, visit: coronavirus.ohio.gov re-infected; therefore, it is recommended that you quarantine after returning from travel to one of the listed states.

Q: Why is 14 days the recommended quarantine period?
A: Symptoms of COVID-19 are likely to appear within 14 days of exposure.

Q: What do I need to do while quarantined?
A: During the 14-day quarantine period, you should:
- Remain at home and avoid all in-person activities. This includes work, grocery stores and pharmacies, public events, and public places.
- Take your temperature with a thermometer two times a day and monitor for fever, as well as other symptoms (including cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea). If fever and/or symptoms develop, call your medical provider.
- If you live in a home with other people who did not travel with you, stay in a separate room. If this is not possible, wear a face mask when you are in the same room and stay at least 6 feet away from others.
- Do not leave home except to seek medical care. If you need to see a provider for reasons other than a medical emergency, please call in advance and discuss the care you need.
- In the event of a medical emergency, call 911. Indicate that you are under quarantine for possible COVID-19 exposure. Keep a face mask on until you are asked by a healthcare provider to remove it.
- Do not have visitors in your home.
- Do not use public transportation, taxis, or ride-shares.

Sources -
Ohio Department of Health: https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home
CDC: https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html

7/2020

CORONAVIRUS DISEASE

HEALTH ALERT

PROTECT YOURSELF AND OTHERS

Stay home if you're sick.

Cover coughs and sneezes.

Wash your hands often.

STOP THE SPREAD OF COVID-19

Do your part. For 14 days after your trip:

Stay home.

Monitor your health.

IF YOU GET SICK, call ahead before seeing a doctor.

COVID-19 can spread from people with no symptoms.

After 14 days,
- Continue to practice social distancing.
- Avoid close contact with others. Wear a cloth face covering when in public.

For more information: www.cdc.gov/COVIDtravel
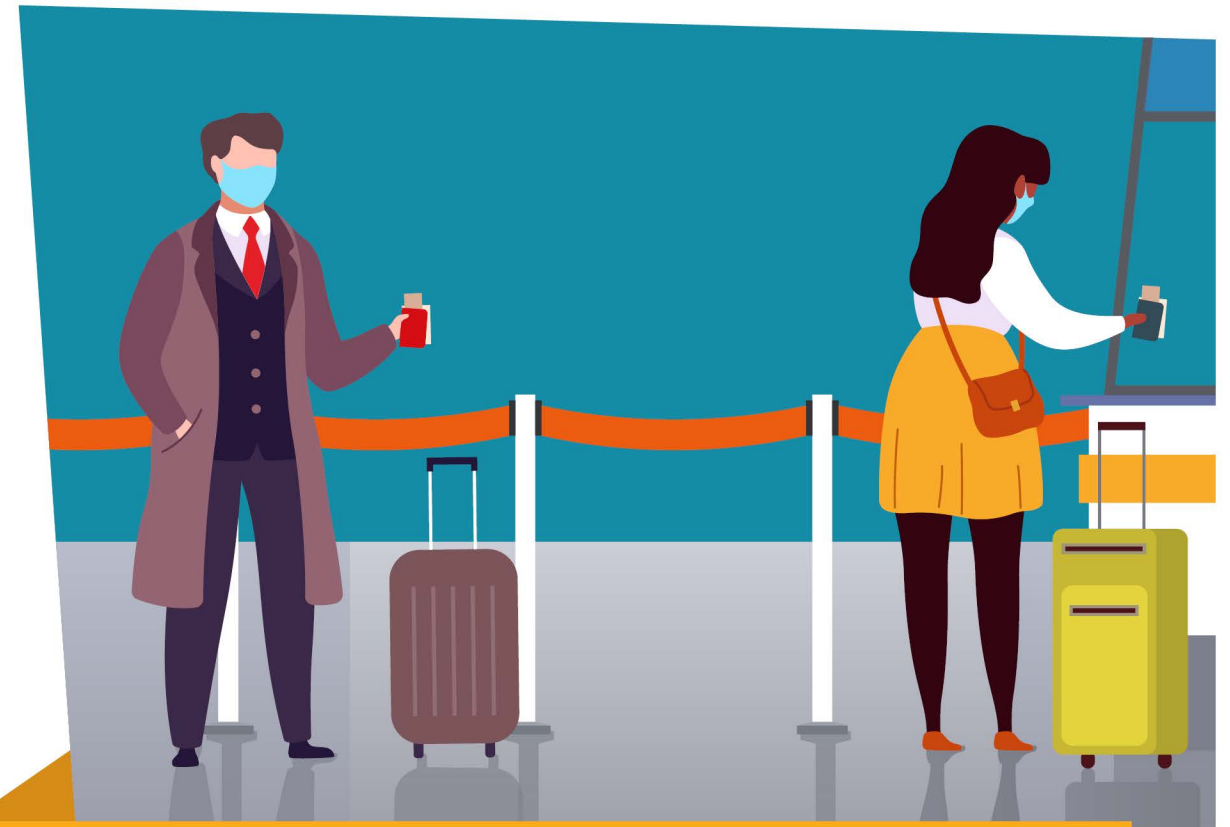
CDC

PREVENT COVID-19 DURING AIR TRAVEL

If you travel on an airplane, take these steps:

Keep Distance & Wear Cloth Face Covering

Wash Hands with Soap & Water

Or Use Hand Sanitizer

60% ALCOHOL

cdc.gov/coronavirus

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.