



COVID-19 Traveler Recommendations

Effective June 1, 2020

Travelers

- **Nebraskans returning home from *international travel* (excluding healthcare workers, commuters, and other unique groups as defined below) should *self-quarantine* and *self-monitor* for 14 days upon return/arrival. Those staying less than 14 days in Nebraska should self-quarantine and self-monitor for the duration of their stay.**
- Every *healthcare worker* who returns from international travel should consult with a trained medical professional at their facility (e.g., infection preventionist or physician) and establish a specific infection control protocol (e.g., PPE while at work, self-monitoring, self-quarantine) that mitigates patient and co-worker exposures. Special considerations should be taken for those working with high-risk patients (e.g., patients in long-term care, chronic heart or lung conditions, diabetes, pregnant women).

- All individuals should limit public interactions, *practice strict social distancing*, and self-monitor for symptoms. All individuals who develop fever or respiratory illness symptoms, should immediately *self-isolate*, and report to a healthcare provider if symptoms are severe or medical attention is needed (calling ahead, when possible). If symptoms are mild, follow home care guidance and guidance to discontinue self-isolation (further defined below).

Definitions

- **Self-quarantine:** Persons with known or potential exposure to a person with COVID-19 infection, or international travel, should remove themselves from situations where others could be exposed/infected should they develop infection, and self-monitor to identify if COVID-19 infection develops.
- **Self-monitor:** Monitor yourself for symptoms consistent with COVID-19 infection, including cough, shortness of breath, fever, sore throat, and fatigue. Persons with known exposure to COVID-19 infection are asked to check for symptoms including fever twice daily (e.g., 8 am and 8 pm). Persons with COVID-19 infection should document symptoms to enable accurate determination of duration of isolation.
- **Self-isolate:** Persons who tests positive for COVID-19 or develop symptoms consistent with COVID-19 (including fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of shortness of breath) should eliminate contact with others.
- **Social distancing:** Minimize interactions in crowded spaces by working from home, closing schools/switching to online classes, cancelling/postponing conferences and large meetings, and keeping individuals spaced at least 6 feet apart.

- **Close contact:** an individual who has been within 6 feet (2 meters) of a person who tested positive or someone with the following symptoms including: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, for at least 10 minutes.

When quarantine and isolation are over

Discontinuation from self-isolation:

Individuals who tested positive for COVID-19 **who have symptoms** or had the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, may discontinue isolation under the following conditions:

- at least ten (10) days have passed since onset of symptoms **AND**
- symptoms have improved **AND**
- the individual has been fever-free for at least 72 hours without the use of fever-reducing medication.

Individuals who tested positive for COVID-19 **who do NOT have symptoms** may discontinue isolation under the following conditions:

- at least ten (10) days have passed since the date of their 1st positive test **AND**
- have had no symptom development **AND**
- for 3 days following discontinuation of isolation, these people must continue to limit contact (stay 6 feet away from others) and when possible wear a face covering (such as a bandana or cloth

mask).

Discontinuation of self-monitoring and self-quarantine: Self-quarantine and self-monitoring may stop if after 14 days from most recent exposure, there has been NO development of respiratory illness symptoms. Symptoms may include: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath.

Discontinuation of quarantine:

Individuals who are close contacts with a person who has tested positive, have the following symptoms, or have recently returned from international travel. Symptoms may include: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, may discontinue quarantine under the following conditions:

- at least 14 days have passed since the last close contact exposure with positive individual or individual with symptoms listed above **AND**
- have had no symptom development

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Nebraska Accommodation Project (NAP)

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Testing

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