



## 2020 COVID-19 TRAVEL ADVISORY

The Centers for Disease Control (CDC) have categorized Europe as a Level 3 area for Coronavirus (Covid 19) with widespread sustained transmission of the virus. Countries on this list are in addition to China, Italy, Iran, and South Korea that were first identified.

We request that you share any travel plans with the Academy so we can continue to work to keep everyone in our community safe. If you are travelling to countries on this list you must remain off campus for the 14 day self-quarantine upon return. There

### From the CDC

### **Travelers from Countries with Widespread Sustained (Ongoing) Transmission Arriving in the United States**

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Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

Countries that have a [Level 3 Travel Health Notice](#) (widespread, ongoing transmission):

- China
- Iran
- South Korea
- Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

# HEALTH ALERT: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

## Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.




## If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

## Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

## Symptoms can include:

-  Fever (100.4°F/38°C or higher)
-  Cough
-  Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)



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**Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.**

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

## What To Do If You Get Sick

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

For additional questions on monitoring your health, [contact your local public health officials pdf icon\[2 pages\]](#).

## Additional Resources

- [Communication Resources for Travelers](#)
- [About Coronavirus Disease 2019 \(COVID-19\)](#)
- [Frequently asked Questions and Answers about COVID-19](#)
- [Frequently asked Questions and Answers for Travelers](#)

## Domestic travel recommendations from the CDC

### Coronavirus and Travel in the United States

#### Should I travel within the US?

CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of COVID-19 have been reported in many states, and some areas are experiencing community spread of the disease. Crowded travel settings, like airports, may increase your risk of exposure to COVID-19, if there are other travelers with COVID-19. There are several things you should consider when deciding whether it is safe for you to travel.

#### Things to consider before travel:

- **Is COVID-19 spreading where you're going?**  
If COVID-19 is spreading at your destination, but not where you live, you may be at higher risk of exposure if you travel there.
- **Will you or your travel companion(s) be in close contact with others during your trip?**  
Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded settings, particularly closed-in settings with little air circulation, if there are people in the crowd who are sick. This may include settings such as conferences, public events (like concerts and sporting events), religious gatherings, public spaces (like movie theatres and shopping malls), and public transportation (like buses, metro, trains).
- **Are you or your travel companion(s) at higher risk of severe illness if you do get COVID-19?**  
People at higher risk for severe disease are older adults and people of any age with serious chronic medical conditions (such as heart disease, lung disease, or diabetes). CDC recommends that [travelers at higher risk for COVID-19 complications](#) avoid all cruise travel and nonessential air travel.
- **Do you have a plan for taking time off from work or school, in case you get exposed to, or are sick with, COVID-19?**  
If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel. If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious. You will be asked to avoid contact with others (including being in public places) during this period of infectiousness.
- **Do you live with someone who is older or has a severe chronic health condition?**  
If you get sick with COVID-19 upon your return from travel, your household contacts may be at risk of infection. Household contacts who are older adults or have severe chronic medical conditions are at higher risk for severe illness from COVID-19.
- **Is COVID-19 spreading where you live?**  
Consider the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with people who are [older adults or have severe chronic health condition](#). These people are at higher risk of getting very sick. If your symptoms are mild or you don't have a fever, you may not realize you are infectious.

Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to [practice precautions](#) to prevent getting and spreading COVID-19 and other respiratory diseases during travel. For the most up-to-date COVID-19 travel information, visit [CDC COVID-19 Travel page](#).