



Travelers from Countries with Widespread Sustained (Ongoing) Transmission Arriving in the United States COVID-19

Date: March 4, 2020

Public Health Message Type: Alert Advisory Update Information

Intended Audience: All public health partners Healthcare providers Infection preventionists
 Local health departments Schools/child care centers ACOs
 Animal health professionals Other:

Key Points or Updates:

- (1) CDC has updated their guidance on travelers who are returning from countries with widespread sustained (ongoing) transmission arriving in the United States
- (2) This [new guidance](#) advises those with a travel history to countries with a level 3 Travel [Health Notice](#) to self-quarantine, self-monitor, and practice social distancing for 14 day from the time the individual left the area with widespread ongoing community spread.
- (3) **Self (Passive) monitoring** means the person being monitored assesses themselves for fever and symptoms daily.
- (4) **Self-quarantine/Social distancing** means remaining out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces (unless the person works in an office space that allows distancing from others), schools and other classroom settings, and local public conveyances (e.g., bus, subway, taxi, ride share) for the duration of the potential incubation period.
- (5) Individuals who become ill with respiratory illness (fever, cough, shortness of breath) within these 14 days should contact a medical professional for advice and tell them about your recent travel. If you must be medically evaluated, follow instructions provided by the health care provider on how to safely seek medical care.
- (6) NJDOH recognizes that this change in guidance is not currently reflected in previously posted guidance materials and we are working to update these materials as soon as we can.

Action Items:

- (1) Public health and healthcare partners should become familiar with these new recommendations
- (2) Currently, CDC is not asking for states to assess the risk of these travelers or monitor their illness.
- (3) Per this guidance, individuals should 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
 - a. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.

- b. 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.
 - c. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
 - d. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
 - e. Keep your distance from others (about 6 feet or 2 meters).
- (4) All symptomatic cases will be assessed for testing using the current [NJDOH Surveillance Criteria and Testing for Novel Coronavirus 2019 \(COVID-19\)](#)

Contact Information:

- The Communicable Disease Service at (609) 826-5964 during business hours

References and Resources:

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
 - <https://wwwnc.cdc.gov/travel/notices>
 - <https://www.nj.gov/health/cd/topics/ncov.shtml>
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