


Date: March 23, 2020
To: Individuals and Employers in Dodge, Saunders and Washington Counties
From: Terra Uhing, Executive Director 
RE: Travel

This guidance is being provided to you due to the increasing number of questions that we are getting in regard to individuals who have traveled internationally and domestically, as well as from workplaces with questions regarding traveling employees. These **updated guidelines (3/22/2020)** are Three Rivers Public Health Department's recommendation for individuals and businesses within our three-county service area: Dodge, Saunders and Washington Counties.

International Travel:

People returning **from any international travel**, are recommended to self-quarantine for 14 days. Those areas deemed "Level 3: Avoid Nonessential Travel" are updated daily on the CDC's website: <https://wwwnc.cdc.gov/travel/notices#alert>. However, due to the number of countries being added to the list each day, it is our recommendation that all people returning from International travel self-quarantine for 14 days after returning home. These individuals should remain home, practice social distancing and self-monitor for symptoms.

Domestic Travel:

Residents returning from travel outside the State of Nebraska who utilized public transportation (air, train, bus, etc.) should limit public interactions, practice strict social distancing, self-monitor for symptoms and self-quarantine, if feasible.

It is strongly advised that individuals **limit travel to work and home ONLY** and minimal necessary stop(s) for needed supplies (such as groceries, pharmacy, gas station). **Non-essential travel should not occur at this time.**

For Employers and Employees of all sectors:

If any individual, regardless of their travel history, develops symptoms while at work (e.g. fever or respiratory symptoms), he or she should **immediately remove themselves from the workplace and stay home (self-isolate)**. If symptoms are mild, care for yourself at home and self-isolate until 7 days after symptom onset and until you are 72 hours symptom free. Symptom free means that there are no lingering symptoms AND no medications are being taken to suppress fever or cough. Report to a medical provider if symptoms are severe or medical attention is needed (call ahead before reporting to your provider).

Please note that this guidance may change without notice as the outbreak unfolds. If you have any questions, please contact our office at 402-727-5396.