

## Travel Guidance As of December 15, 2020

**WARNING: Due to the active spread of COVID-19 in the community, avoid all non-essential travel.**

### Guiding Principles

- Response to the COVID-19 pandemic is constantly evolving based on the available information and local, national, and international disease activity.
- As Winnebago County and the state of Illinois entered Phase 4 of the *Restore Illinois Plan* on June 26, 2020, COVID-19 has not been eradicated and community mitigation strategies must continue to be implemented and evolve to prevent the spread COVID-19 in the community.
- As of October 25, Winnebago County is under enhanced mitigation. As such, non-essential travel to other states and international locations is discouraged.
- It is anticipated that community residents will travel for business and/or leisure and/or have visitors from outside of Winnebago County throughout the course of the pandemic and will need information to make informed choices on their risk of exposure and potential implications of contracting COVID-19.
- Winnebago County Health Department has developed these guidelines to assist the community in assessing their risk and taking the appropriate actions.
- This guidance does not apply to individuals who reside in a neighboring state and work in Winnebago County.
- Employers in Winnebago County should obtain information from their employees regarding travel plans to provide appropriate guidance on recommendations for quarantine upon return to prevent the exposure and spread of COVID-19 within their settings.
- Employers should modify existent and/or develop Human Resource policies to establish guidelines for best practices during the pandemic and communicate these policies to their employees.
- To reduce the risk of transmission of COVID-19:
  - Avoid traveling to and/or having visitors from areas with rates of disease transmission higher than Winnebago County.
  - Use personal modes of transportation and avoid public transportation.
  - Travel with household members.
  - Stay in a private home or residence.
  - Limit time in in-door bars and restaurants.
  - Maintain six-feet (6 feet) of social distancing.
  - Wear face-coverings/masks when out in public.
  - Practice frequent hand washing and/or hand sanitization.
  - Sanitize frequently touched surfaces.
  - Stay home if ill for any reason.



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- Individuals planning to travel or have visitors from out of the country should consult with the U.S. Department of State – Bureau of Consular Affairs.
- Travel guidelines will be reviewed on a weekly basis and revised accordingly based on the infection rates throughout the country, state, and region.

### Travel Considerations

- The following information should be considered by Winnebago County residents and employers in assessing risk to their household, businesses, and other individuals in the community.
  - Destination
  - Method of travel (private automobile vs. public transportation such as plane, train)
  - Accommodations (private home, rental home vs. hotel, resort)
  - Meal arrangements
  - Travel companions (household vs. extended family)
  - Number of travel companions
  - Length of stay
- Individuals traveling to/from the following states or hosting visitors from the following states should self-quarantine for 14 days upon return to the region and/or after the date the visitors have left:

- |                 |                   |
|-----------------|-------------------|
| 1) Alaska       | 13) Nebraska      |
| 2) Arizona*     | 14) Nevada        |
| 3) Arkansas*    | 15) New Mexico    |
| 4) California*  | 16) North Dakota  |
| 5) Connecticut* | 17) Ohio*         |
| 6) Delaware*    | 18) Oklahoma*     |
| 7) Idaho*       | 19) Pennsylvania* |
| 8) Indiana      | 20) Rhode Island  |
| 9) Kansas       | 21) South Dakota  |
| 10) Kentucky*   | 22) Tennessee*    |
| 11) Minnesota   | 23) Utah          |
| 12) Montana     | 24) Wyoming       |

*\* New States added to the list this week.*

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- Employers should make provisions as practical for remote work upon an individual's return to support quarantine.
- A negative COVID-19 test upon return and/or departure of visitors from high-risk areas does not change the required length of quarantine.

### References

Centers for Disease Control and Prevention. Travelers Health.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Centers for Disease Control and Prevention. Use of Cloth Face Coverings to Help Slow the Spread of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

U.S. Department of State – Bureau of Consular Affairs. COVID-19 Traveler Information.

<https://travel.state.gov/content/travel/en/traveladvisories/ea/covid-19-information.html>.

The Path to Zero: Key Metrics for COVID Suppression.

<https://globalepidemics.org/key-metrics-for-covid-suppression/>