COVID-19 What is contact tracing?

Contact tracing is a way to identify people who may have COVID-19 so they can avoid spreading it to others. It helps us track and prevent the spread of COVID-19.

Confirmed case

Contact tracing starts with a person who tested positive for COVID-19. This person will be advised to <u>stay home except to get medical care</u> until they are no longer contagious.

A trained interviewer will reach out to the **person who has tested positive** and ask for the contact information of close contacts. They will **not** ask for a social security number or about immigration status. Participation is voluntary.

A **close contact** is a person who has been within 6 feet, for 15 minutes or more, of someone who tested positive for COVID-19.

Next, the interviewer will reach out to the contacts to let them know they have been exposed.

Contacts stay home to watch for symptoms for 14 days after they were exposed.

14

If a contact tests positive, the process starts over again as a confirmed case.

Confirmed case

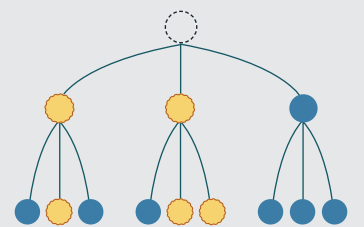They continue working with a public health professional to identify their contacts.

If there were no contacts, the process stops.

If a contact shows no symptoms for 14 days, they can return to normal activities.

14

If an infected contact is missed, the virus may spread to new contacts.

Effective contact tracing depends on everyone's participation.
If public health calls you, we hope you'll answer.

Learn more about contact tracing and Washington state's efforts at
doh.wa.gov/ContactTracing.

Date	Name	Email	Phone Number	Daily Symptoms Screening? (Y/N)	Has anyone* been closer than 6 feet with you today? If no, write "N/A". If yes, who?

A daily campus access log is required for appropriate contact-tracing.

All on-campus employees, students, and visitors must be screened & logged, which includes: name, email, and phone number.

An electronic versions of the log is available when you "check-in AND check-out" using the following links:

- Students (bit.ly/covid-student-form)

- Employees & Visitors (bit.ly/covid-employee-form)

Please ensure the information you enter is complete (e.g. Bob Newhart instead of Bob) – DO NOT use xxxx or other replacements for actual information, otherwise, we may not be able to notify you in the event of a potential exposure.

*By listing the people, you come in close contact with (within less than 6 feet) you will be informed of any potential exposure if you or they come down with COVID-19.

SEATTLE COLLEGES
Central · North · South

Daily Wellness Screening

Based on guidance from the *Centers for Disease Control and Prevention (CDC)*.
This is not a diagnostic tool – it is a wellness screening checklist to increase awareness of COVID-19 symptoms and infection control.

1. Have you experienced any of the following **symptoms in the last 3 days**? ☐ yes ☐ no
   - Fever or chills
   - Cough
   - Shortness of breath or difficulty breathing
   - Fatigue
   - Muscle or body aches
   - Headache
   - New loss of taste or smell
   - Sore throat
   - Congestion or runny nose
   - Nausea or vomiting
   - Diarrhea

if no   **if yes**

Please stay home for **10 days after your symptoms started** or 3 days after your symptoms are gone, whichever is longer. Contact your healthcare provider or call 206-477-3977 and tell them about the symptoms you have been experiencing (ask them for translation services, if needed). Please, inform your supervisor or instructor to expect your absence.

2. Have you traveled outside of Washington, Oregon, or Idaho within the last 14 days? ☐ yes ☐ no

if no   **if yes**

Please, stay home for 14 days after your trip. If you experience the above symptoms, contact your healthcare provider or call 206-477-3977 and tell them about the symptoms you have been experiencing (ask them for translation services, if needed). Please, inform your supervisor or instructor to expect your absence.

3. In the past 14 days, have you been closer than 6-feet from someone with COVID-19? ☐ yes ☐ no

if no   **if yes**

Is this because you work in healthcare services or are a first-responder? ☐ yes ☐ no

if no   **if yes**

You are permitted to access campus – only – if you are asymptomatic and repeat this wellness screening **twice daily**. You must measure your own temperature. If symptoms arise, immediately inform your instructor or supervisor and go home. Contact your healthcare provider or call 206-477-3977 and tell them about the symptoms you have been experiencing (ask them for translation services, if needed).

Please, stay home for 14 days after your last contact with the COVID19 patient.

SEATTLE COLLEGES
Central · North · South

Daily Wellness Screening

Based on guidance from the *Centers for Disease Control and Prevention (CDC)*.
This is not a diagnostic tool – it is a wellness screening checklist to increase awareness of COVID-19 symptoms and infection control.

You have completed your Wellness Screening for today.

- Facial coverings must be worn by every employee, instructor, and student not working alone (with no chance of human interaction) while on campus - this must cover the nose and mouth
- Maintain 6 feet of physical-distance from others at all times, even during instruction - situations where physical distancing may be difficult requires review and permission by the health and safety team (to request permission, email healthandsafety@seattlecolleges.edu)
- Wash hands upon entry to campus and frequently thereafter
- Always, follow the safety protocols as outlined by your program instructor or department supervisor
- Stay out of closed-off areas of the campus

Please remember:

- If symptoms appear, while on campus, immediately notify your supervisor or instructor and go home
- All persons experiencing COVID-19 like symptoms should be tested: contact your healthcare provider or call the King County COVID-19 call center at 206-477-3977
- If you are confirmed or suspected (by a healthcare professional) to be infected with COVID-19 and appeared on campus within 48-hours prior to the onset of symptoms, notify healthandsafety@seattlecolleges.edu for confidential contact tracing and campus disinfection

For **general concerns and questions** about COVID-19, call the
Washington State Novel Coronavirus Call Center at 800-525-0127.

When to Seek Medical Attention

If you have any of these emergency warning signs* for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call 9-1-1 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

This is not a diagnostic tool – it is a wellness screening tool to increase awareness of COVID-19 signs and symptoms.
Based on the Washington State DOH *Recommendations and Guidance to Protect Critical Infrastructure Workers during COVID-19 Pandemic*

Free Open Access COVID-19 Testing Locations

The following locations provide free COVID-19 testing – regardless of immigration or insurance status. They are open to anyone who cannot access a COVID-19 test through their regular healthcare provider. Most sites are non-profit Community Health Centers.

Language interpretation services are available at most locations at no cost

For more information please call the King County COVID-19 Call Center (open 7 days a week, 8 AM – 7 PM), at 206-477-3977.

Testing sites may change and new ones may open. This list is not a complete list of all testing locations. It may not include the most up-to-date locations or contact information.

Sites have limited hours. Please contact the site directly for hours or to make an appointment.

Don't wait – it's important to get tested right away

Agency	Site	Address	Phone Number	Languages Spoken On-site
City of Seattle	Aurora (North Seattle)	12040 Aurora Ave N., Seattle, WA 98133	(206) 684-2489 www.seattle.gov/ covid19testing	Interpretation available
	SODO (South Seattle)	3820 6th Ave South Seattle, WA 98108	(206) 684-2489 www.seattle.gov/ covid19testing	Interpretation available
HealthPoint	Kent Urgent Care	219 State Ave N. (#100) Kent, WA 98030	(253) 372-3602	Spanish; interpretation available
	Renton Administration Office	955 Powell Ave SW Renton, WA 98057	(866) 893-5717	Spanish; interpretation available
	Auburn	126 Auburn Avenue Auburn, WA 98002	(866) 893-5717	Russian, Spanish, Ukrainian; interpretation available
Neighborcare Health	Meridian (North Seattle)	10521 Meridian Ave N. Seattle, WA 98133	(206) 296-4990	Amharic, Somali, Spanish, Tagalog, Vietnamese; interpretation available
	Rainier Beach (South Seattle)	9245 Rainier Ave S. 2nd Floor Seattle, WA 98118	(206) 722-8444	Amharic, Arabic, Cham, French, Malay, Somali, Spanish, Tagalog, Tigrinya, Vietnamese; interpretation available
	High Point (West Seattle)	6020 35th Ave SE, 1st Floor Seattle, WA 98126	(206) 461-6950	Amharic, Arabic, Cambodian, Oromo, Russian, Somali, Spanish, Ukrainian; interpretation available
	Vashon Island	10030 SW 210th St Vashon Island, WA 98070	(206) 463-3671	Interpretation available
Public Health	Downtown Public Health Center (No appointment necessary)	2124 4th Ave. (behind) Seattle, WA 98	(206) 477-8300	Interpretation available

Last Updated 6/18/2020

Sea Mar Community Health Centers	South Park	8720 14th Avenue S Seattle, WA 98108	(253) 681-6600	Spanish, Interpretation available
	Federal Way	31405 18th Ave S Federal Way, WA 98003	(253) 681-6600	Korean, Spanish; interpretation available
	Kent	233 2nd Ave S, Kent, WA 98032	(206) 436-6380	Spanish, Interpretation available
	Bellevue	3801 150th Ave SE, Bellevue, WA 98006	(425) 460-7140	Spanish, Interpretation available
	White Center	9650 15th Ave SW #100, Seattle, WA 98106	(206) 965-1000	Spanish, Interpretation available
UW Mobile Clinic	Rainier Beach High School (Wed. and Sat., 10am-3pm no appointment necessary)	8815 Seward Park Ave S, Seattle, WA 98118	(206) 744-0400	Interpretation available
	South Seattle College (Fri., 10am-3pm, no appointment necessary)	6000 16th Avenue SW Seattle, WA 98106	(206) 744-0400	Interpretation available
	Auburn City Adventist Church (Tues., 9am-3pm, no appointment necessary)	402 29th Street SE Auburn, WA 98002	(206) 744-0400	Interpretation available
	Kent Public Health (Thurs., 10am-3pm, no appointment necessary)	25742 104th Ave SE, Kent, WA 98030	(206) 744-0400	Interpretation available
Vashon BePrepared	Vashon Island	(Call for an appointment)	(844) 469-4554	Spanish interpretation available
Kroger Health	Bellevue College	3000 Landerholm Circle SE, Bellevue, WA 98004	(888) 852-2567 https://www.thelittleclinic.com/drivethru-testing	Interpretation available
Duvall Family Health Mart	Duvall	15602 Main St NE, Duvall, WA 98019	(425) 788-2644 https://www.doineedacovid19test.com/Duvall_WA_941.html	No interpretation available

WHAT YOU NEED TO KNOW ABOUT
COVID-19 TESTING
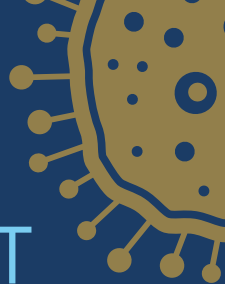
1 HOW DOES TESTING HAPPEN?

If you have COVID-19 symptoms or had close contact with someone who has COVID-19, you should seek a test. People seeking testing first contact their health care provider.

VISIT WITH PROVIDER

People are assessed in person or by phone by their provider for COVID-19 symptoms. Based on the Washington State Department of Health's testing guidance, the health care provider determines if testing is warranted.

NASAL SWAB IS TAKEN

If the provider determines that COVID-19 testing is needed, the provider will take a swab of the nose or guide the patient on how to self-swab.
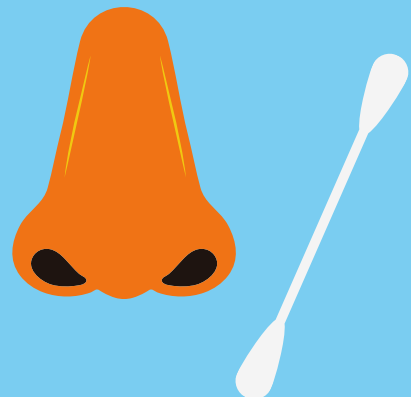
SWAB IS SENT TO LABS

The testing kit with the swab is then sent off to the lab to be evaluated.

LAB RESULT IS RETURNED TO PATIENT

If the test result is positive, tests results are reported to Public Health — Seattle & King County.

2

WHAT GOES INTO TESTING?

The three main components that are necessary for testing for COVID-19: healthcare providers with personal protective equipment (PPE), test kits, and lab capacity.

Test kits*

Test kits include swabs for collecting specimens, a tube with transport media, and a package to return it in.
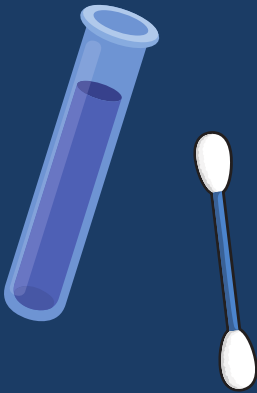
Personal protective equipment (PPE)*

Personal protective equipment is worn by healthcare workers to keep them safe when testing patients for COVID-19. This includes masks, goggles, gowns & gloves.
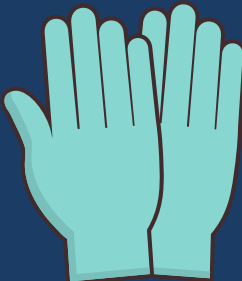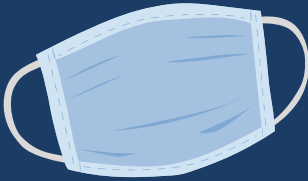
Lab capacity

Lab capacity is necessary for running the tests on the specimens. Nearly all lab capacity in King County is from private labs, the University of Washington lab, and other healthcare system labs. Lab capacity continues to grow.

Short supplies of testing kits and PPE has limited testing availability.

3 HOW DO I GET A TEST?

Anyone who has COVID-19 symptoms or close contact with someone who has COVID-19 should be tested right away. How you get a test depends on who you are. Priority groups, such as first responders, healthcare workers, and those living in congregate settings like shelters and long term care facilities, have different avenues for accessing testing than the general public due to their heightened risk.

FIRST RESPONDERS

First responders, such as police officers and emergency medical service personnel, should talk to their health officer if they are experiencing COVID-19 symptoms. Special arrangements will be made for rapid testing so that first responders can get back to the workforce promptly.
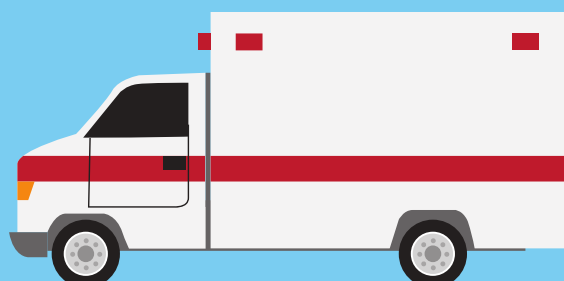
HEALTHCARE WORKERS

Healthcare workers should talk to employee health services or their health care provider if they are experiencing COVID-19 symptoms, who should make testing available for them.

PEOPLE WHO LIVE OR WORK IN CONGREGATE SETTINGS

People living or working in high-risk congregate settings, such as long term care facilities or homeless services, have dedicated health services that can help persons experiencing COVID-19 symptoms access safe testing and support.

PEOPLE WHO ARE SICK

If you do not fall into one of these groups and are experiencing symptoms of COVID-19 or had close contact with someone who has COVID-19, please call your healthcare provider. Even if your healthcare provider isn't doing testing, they can discuss your symptoms with you and help you find testing and care.

4 WHAT IS PUBLIC HEALTH'S ROLE?

Public Health — Seattle & King County is not a primary provider of testing. We promote equitable access and facilitate providing testing resources to high priority audiences. Most of these tests are conducted through employers and private providers.
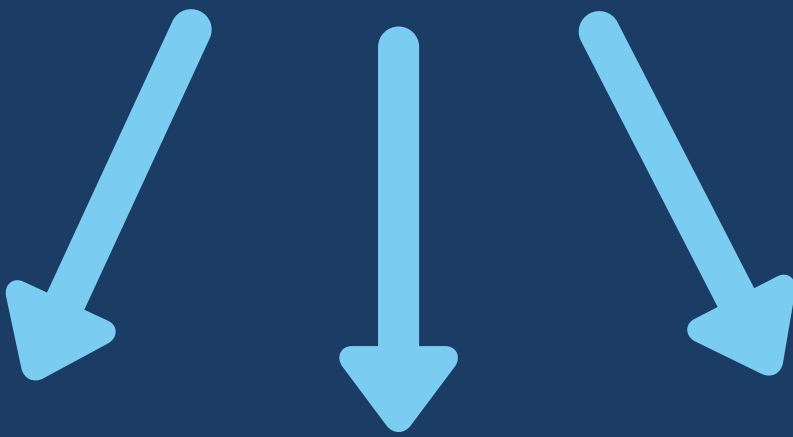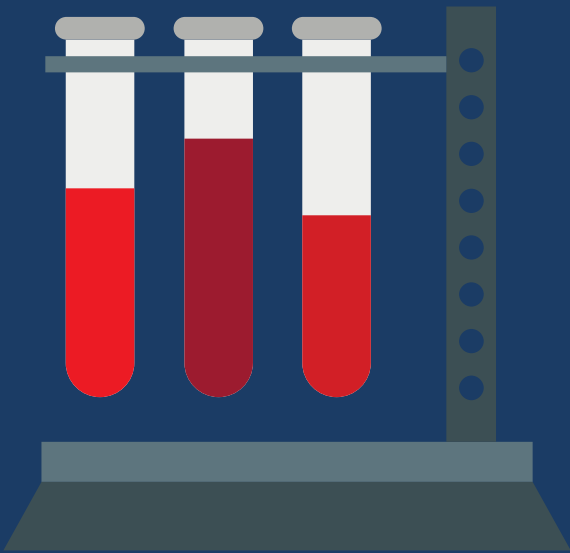
FIRST RESPONDERS

EMS

Firefighters

Police

HEALTHCARE WORKERS

Hospitals

Corrections

Detention centers

Clinics

Long-term care

facilities

PEOPLE LIVING OR WORKING IN CONGREGATE SETTINGS

Shelters

Corrections

Long-term care

facilities

This infographic was revised on May 12, 2020. Information is subject to change. For more information, visit our COVID webpage: www.kingcounty.gov/covid.

Public Health
Seattle & King County

What to do if you have confirmed or suspected coronavirus disease (COVID-19)

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community. **If you were on-campus with 48 hours prior to onset of symptoms, please notify the college by emailing healthandsafety@seattlecolleges.edu**.

Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. Other symptoms may include chills, muscle pain, headache, sore throat and new loss of taste or smell. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing these symptoms, you might have COVID-19. Contact your healthcare provider to see if you can be tested. If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should follow the instructions below. You may be contacted for a public health interview.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Isolate yourself from other people and animals in your home

- People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

- Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a face covering, if possible. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a face covering

You should wear a face covering, if possible, when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a face covering if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water and dried before use by others.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face covering before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department to discuss your situation

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-If possible, put on a face covering before emergency medical services arrive.

Discontinuing home isolation

For individuals with symptoms who are confirmed or suspected cases of COVID-19 and are directed to care for themselves at home, discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,

- At least 10 days have passed since symptoms first appeared.

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Additional information for your household members, intimate partners, and caregivers is available at: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html
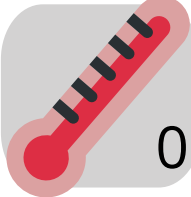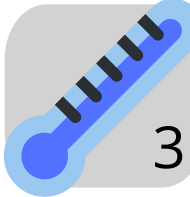
WHEN CAN I BE AROUND OTHERS AGAIN?

You can be around others after:

- 3 days with no fever **AND**
- 10 days since symptoms first appeared **AND**
- Other <u>symptoms</u> have improved
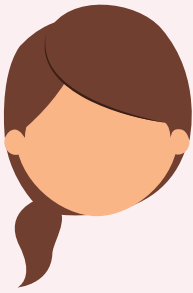
SCENARIO 1:

Amy gets sick on a Monday. Her cough has gotten better and she no longer has a fever on Thursday. Even though she feels almost back to normal, she needs to wait until the following Friday (full 10 days) before she leaves her home.

MON	TUES	WED	THURS	FRI	SAT	SUN
Fever begins			Fever ends			
0	1	2	3	4	5	6
7	8	9	10			

SCENARIO 2:

Albert gets sick on a Monday and has fever and cough for a full 10 days. He needs to stay home an additional 3 days after his fever has resolved. This means he must isolate in his home through Sunday. He can go out on Monday as long as his other respiratory symptoms are improving.
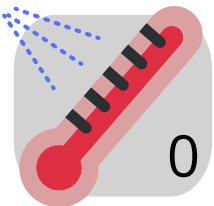
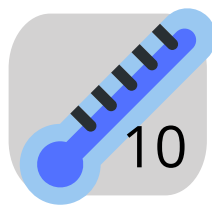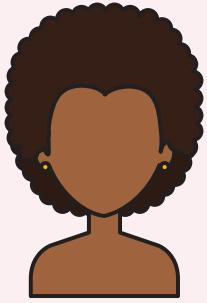| MON	TUES	WED	THURS	FRI	SAT	SUN
Fever begins 0	1	2	3	4	5	6
7	8	9	Fever ends 10	11	12	13

SCENARIO 3:

Sasha's partner gets sick with cough, fever, and shortness of breath on Monday and her partner isolates away in a separate room. Sasha works as a cashier at a grocery store and still feels well. However, because Sasha has close contact with her sick partner, she needs to quarantine at home and not go to work for a full 14 days since their last contact. Sasha should also get tested for COVID-19.

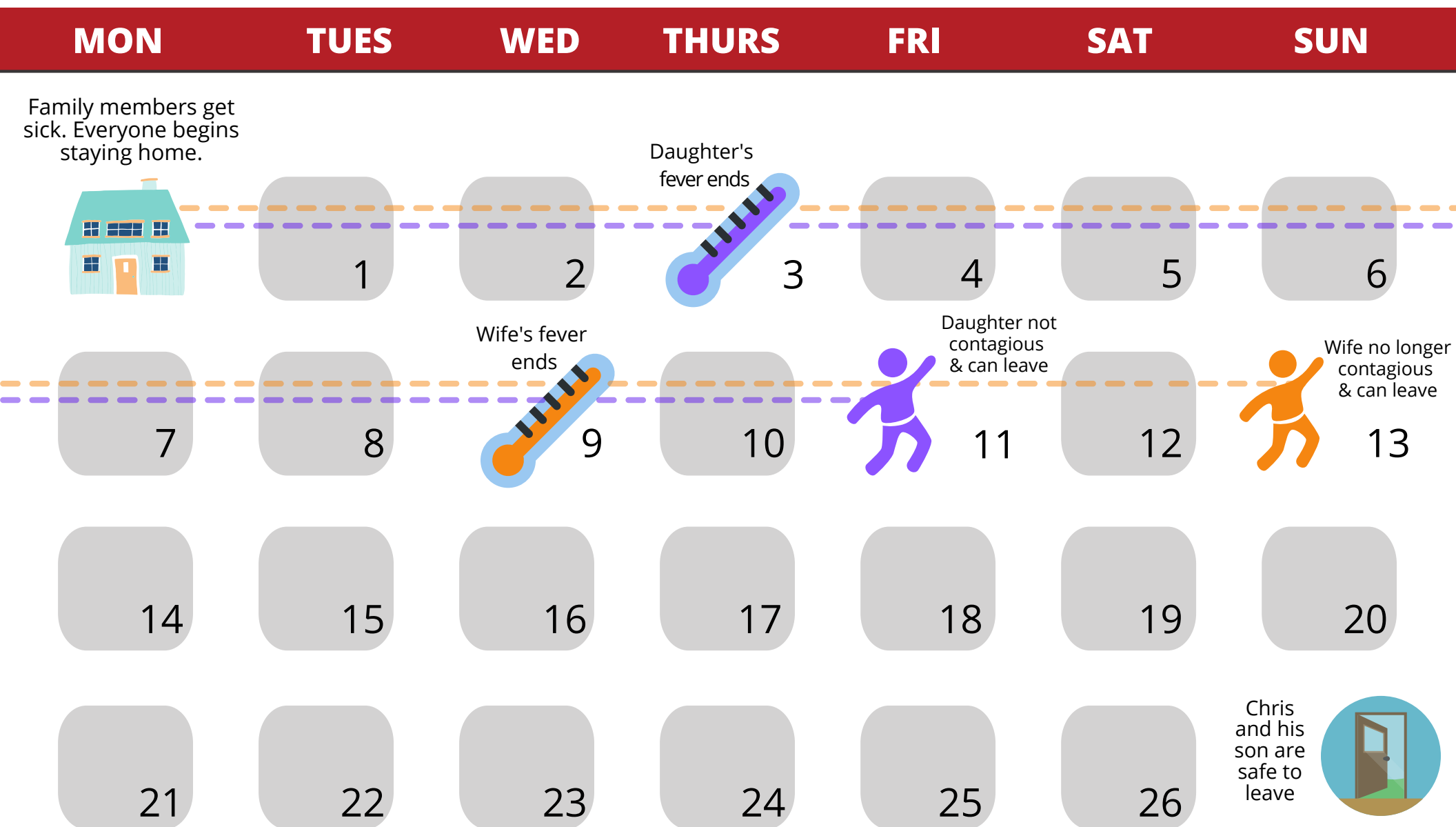| MON	TUES	WED	THURS	FRI	SAT	SUN
Sasha isolates	1	2	3	4	5	6
7	8	9	10	11	12	13
14						

SCENARIO 4:

Chris lives with his wife, daughter, and son. His wife and daughter get sick with COVID-19. His daughter recovers quickly, so she can leave the house after 10 days. His wife is symptomatic for more than a week, and has to stay isolated for 3 days after her fever resolves. Chris and his son do not feel sick but should get a COVID test and stay home for 14 days after the end of his wife's isolation period, since she was the last infected person in the house.

MON	TUES	WED	THURS	FRI	SAT	SUN
Family members get sick. Everyone begins staying home.	1	2	Daughter's fever ends 3	4	5	6
7	8	Wife's fever ends 9	10	Daughter not contagious & can leave 11	12	Wife no longer contagious & can leave 13
14	15	16	17	18	19	20
21	22	23	24	25	26	Chris and his son are safe to leave

Coronavirus Disease 2019 (COVID-19)

Considerations for Travelers—Coronavirus in the US

Updated June 28, 2020

This page is about travel that is different from your everyday activities, away from your local community. For advice on how to safely meet basic household needs within your local community, see CDC's webpage about running essential errands.

COVID-19 cases and deaths have been reported in all 50 states, and the situation is constantly changing. Because travel increases your chances of getting infected and spreading COVID-19, **staying home is the best way to protect yourself and others from getting sick.**

If you are thinking about traveling away from your local community, ask:

Is COVID-19 spreading where you're going?
You can get infected while traveling.

Is COVID-19 spreading in your community?
Even if you don't have symptoms, you can spread COVID-19 to others while traveling.

Will you or those you are traveling with be within 6 feet of others during or after your trip?
Being within 6 feet of others increases your chances of getting infected and infecting others.

Are you or those you are traveling with more likely to get very ill from COVID-19?
Individuals who have an increased risk of severe illness from COVID-19 should limit their travel.

Do you live with someone who is more likely to get very ill from COVID-19?
If you get infected while traveling you can spread COVID-19 to loved ones when you return, even if you don't have symptoms.

Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?
Some state and local governments may require people who have recently traveled to stay home for 14 days.

If you get sick with COVID-19, will you have to miss work or school?
People with COVID-19 disease need to stay home until they are no longer considered infectious.

Do not travel if you are sick, or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick.

If You Travel

Protect yourself and others during your trip:

- Clean your hands often.
  - Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place, after touching surfaces frequently touched by others, after blowing your nose, coughing, or sneezing, and before touching your face or eating.

- If soap and water are not available, bring and use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with others.
  - Keep 6 feet of physical distance from others.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores.

Considerations for Types of Travel

Travel increases your chances of getting and spreading COVID-19. We don't know if one type of travel is safer than others; however, airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance (keep 6 feet apart from other people).

Consider the following risks for getting or spreading COVID-19, depending on how you travel:

Air travel	Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.
Bus or train travel	Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.
Car travel	Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.
RV travel	You may have to stop less often for food or bathroom breaks, but RV travel typically means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

Learn more about how to protect yourself from COVID-19 on different types of transportation on CDC's website Protect Yourself When Using Transportation.

Anticipate Travel Needs

- Bring enough of your medicine to last you for the entire trip.
- Pack enough alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy to reach.
- Bring a cloth face covering to wear in public places.
- Prepare food and water for your trip. Pack non-perishable food in case restaurants and stores are closed.
- Take steps to protect yourself from COVID-19 when booking accommodations or planning an overnight stay.
- If you are considering cleaning your travel lodgings, see CDC's guidance on how to clean and disinfect.

State and Local Travel Restrictions

Follow state and local travel restrictions. For up-to-date information and travel guidance, check the state or local health department where you are, along your route, and at your planned destination. While you are traveling, it is possible a state or local government may put into place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

Frequently Asked Questions

Is it safe to travel to visit family or friends?

Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if coronavirus is spreading in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are more likely to get very ill from COVID-19. People at higher risk for severe illness need to take extra precautions.

Is it safe to travel to campgrounds/go camping?

Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities (like restrooms or picnic areas) at campsites or along the trails. Exposure may be especially unsafe if you are more likely to get very ill from COVID-19 and are planning to be in remote areas, without easy access to medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19.

More Information

- Protect yourself when booking accommodations or traveling overnight
- COVID-19 Travel Recommendations by Country
- Health Information for International Destinations
- Protect Yourself When Using Transportation

Page last reviewed: June 28, 2020

COVID-2019 Menu

- Coronavirus Home
- Your Health
- Community, Work & School
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- Cases, Data & Surveillance
- More Resources

STOP THE SPREAD OF COVID-19

Do your part. For 14 days after your trip:

Stay home.

Monitor your health.

IF YOU GET SICK, call ahead before seeing a doctor.

COVID-19 can spread from people with no symptoms.
After 14 days,
- Continue to practice social distancing.
- Avoid close contact with others. Wear a cloth face covering when in public.

For information about COVID-19 and how to monitor your health after travel, open your cell phone camera and scan this code:

Для получения информации о COVID-19 и о том, как контролировать состояние вашего здоровья после путешествия, включите камеру на вашем мобильном телефоне и отсканируйте этот код:

Pour obtenir des informations relatives à COVID-19 et à la manière de surveiller votre santé après un voyage, ouvrez la caméra de votre téléphone portable et scannez le code suivant :

للحصول على معلومات حول فيروس كورونا المستجد COVID-19 وكيفية مراقبة حالتك الصحية بعد السفر، افتح كاميرا هاتفك الخلوي وامسح هذا الرمز ضوئيًا:

新型コロナウイルス感染症（COVID-19）に関する情報、および旅行後の自身の健康状態を観察する方法については、携帯電話のカメラを起動して、このコードをスキャンしてください：

Para obter informações sobre o COVID-19 e como monitorar sua saúde após a viagem, abra a câmera do seu celular e digitalize este código:
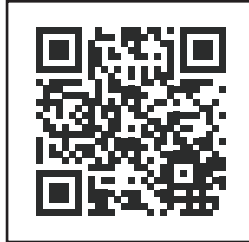
코로나바이러스감염증-19(COVID-19) 및 여행 후 건강 상태를 모니터링하는 방법에 대한 정보를 보려면, 휴대폰 카메라로 이 코드를 스캔하십시오:

COVID-19 के बारे मे और याता के बाद अपने स्‍‍‍‍ास्‍य को मॉनीटर कैसे करे, के बारे मे जानकारी के लिए, अपने सेि फोन का कैमरा चिएं और इस कोड को स्कैन करे:

สำหรับข้อมูลเพิ่มเติมเกี่ยวกับ COVID-19 และวิธีการตรวจเช็คสุขภาพของคุณหลังจากการเดินทาง โปรดเปิดกล้องมือถือของคุณและสแกนรหัสนี้:

Untuk mendapatkan maklumat mengenai COVID-19 dan cara mengawasi kesihatan anda selepas perjalanan, buka kamera telefon bimbit anda dan imbas kod ini:

Para obtener información sobre el COVID-19 y cómo monitorear su salud después de un viaje, abra la cámara de su teléfono y escanee este código:

برای کسب اطلاعات در مورد COVID-19 و نحوه نظارت بر سلامت خود پس از سفر، دوربین تلفن همراه خود را باز کرده و این کد را اسکن کنید:

有关COVID-19 的信息以及如何在旅行后监测您的健康状况，请打开手机摄像头并扫描此二维码：

Per informazioni sulla COVID-19 e su come monitorare la Sua salute dopo il viaggio, apra la fotocamera del Suo cellulare e scansioni questo codice:

www.cdc.gov/COVIDtravel