

Guidance for Travelers Returning from COVID-19 Areas with Ongoing Community Transmission

(Health care personnel, should follow [specific NDDoH guidance](#).)

What are the signs and symptoms of novel coronavirus (COVID-19)?

The most common symptoms of novel coronavirus are **fever and cough, sometimes difficulty breathing**, more rarely sore throat, body aches, headache, chills, diarrhea, nausea/vomiting, and runny nose. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should contact your health care provider.

Movement Restrictions:

You should **limit interactions with others** as much as possible for 14 days after returning to the United States or from an area with ongoing community transmission. If possible, you should try and stay home for 14 days. If you must, you may attend work or school, as long as you do not have symptoms. You should avoid non-essential public gatherings or places (i.e., shopping centers, movie theaters, sporting events) and maintain distance (approximately 6 feet or 2 meters) from others. This guidance provides minimal movement restrictions; your employer may require you to stay home for 14 days.

Monitoring Period:

You are recommended to monitor yourself for symptoms for **14 days** following your last exposure to an area with COVID-19 community spread (i.e., a country with person-to-person spread).

Type of Monitoring:

You are recommended to practice **self-monitoring** (contact your health care provider if you have any symptoms).

This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to COVID-19. This does **NOT** mean that you will get sick with COVID-19.

Check your temperature and symptoms:

It is very important for you to monitor your health so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to novel coronavirus and when symptoms begin.

How should you monitor your health during this time period?

You should take your temperature and assess yourself for symptoms daily.

Instructions for monitoring your temperature and symptoms:

- Take your temperature (use as directed in the thermometer instructions) **2 times a day:**
 - **once in the morning and**
 - **again in the evening.**
- You should also check your temperature anytime you feel like you have a fever or feel feverish.
- Write down your temperature on the form twice a day, every day.
- If you forget to take your temperature, take it as soon as you remember.
- Mark if you have any of the symptoms of COVID-19 listed on the form.

If you have fever (100.4°F or higher) or any symptom listed on the form, call your health care provider.

What should I do if I become ill during this monitoring period?

Unless it is an emergency, DO NOT GO to a clinic or hospital without first calling the facility. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. If you must go to the hospital before calling, notify staff immediately that you are being monitored for novel coronavirus.

Household Contacts:

You may remain in your usual home setting while monitoring yourself for COVID-19. If possible, avoid sharing a bathroom with other members of the household. Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For more information about COVID-19 please visit www.health.nd.gov/coronavirus.

Be Legendary.™

Name: _____

Phone: _____

	Date	Morning Temperature	Fever-reducing Medication (e.g., Tylenol) Y or N	Evening Temperature	Fever-reducing Medication (e.g., Tylenol) Y or N	Temperature (100.4°F or higher) Y ^A or N	2019 Novel Coronavirus symptoms (cough or shortness of breath)	other symptoms* Y or N	specify other symptoms
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									
Day 8									
Day 9									
Day 10									
Day 11									
Day 12									
Day 13									
Day 14									

^AIf YES call the North Dakota Department of Health (NDDoH) at 800-472-2180 or 701-328-2378 immediately

*other symptoms may include sore throat, chills, body aches, headache, diarrhea, nausea/vomiting, and runny nose.

Call the NDDoH immediately to discuss if other symptoms do develop.