

# Guidance for Travelers Returning from International Travel or Domestic Areas with Widespread Ongoing Transmission of COVID-19

**ON MARCH 28, STATE HEALTH OFFICER MYLYNN TUFTE SIGNED A [CONFINEMENT](#) ORDER DIRECTING INDIVIDUALS TO QUARANTINE FOR 14 DAYS IF TRAVELING BACK TO NORTH DAKOTA FROM ALL INTERNATIONAL LOCATIONS AND STATES IN THE U.S. CLASSIFIED AS HAVING WIDESPREAD DISEASE BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.**

*(Health care personnel, should follow [specific NDDoH guidance](#). Those who are [essential workers](#) should follow [guidance to limit interactions with others](#).)*

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

The most common symptoms of COVID-19 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 for testing.

## Movement Restrictions:

You should **quarantine at home** and not attend work or school, avoid public gatherings or places where you may come into close contact with other people (i.e., shopping centers, movie theaters, sporting events) for 14 days after returning to the United States or returning home from domestic areas with widespread transmission. You should practice social distancing and avoid congregate settings.

**Congregate settings** are public places where close contact with others may occur. Congregate settings include settings such as shopping centers, movie theaters, stadiums, workplaces, and schools and other classroom settings.

**Social distancing** means remaining out of congregate settings, avoiding local public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others. If social distancing is recommended, presence in congregate settings or use of local public transportation should only occur with approval of local or state health authorities.

## Monitoring Period:

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

high-risk area. Countries with widespread transmission are listed on the Centers for Disease Control and Prevention's (CDC) website at [www.cdc.gov/coronavirus/2019-ncov/travelers/index.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html). Domestic areas with widespread transmission can be found at <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>.

### Type of Monitoring:

You are recommended to practice **self-monitoring**.

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 regular household cleaning spray or wipe.

For more information about COVID-19 please visit [www.health.nd.gov/coronavirus](http://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 <sup>A</sup> 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									

<sup>A</sup>If 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.