Guidance for Travelers Returning from International Travel

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

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, loss of taste/smell 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:

When entering North Dakota from another country, you must **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 entering the United States. You must 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 required 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.

Type of Monitoring:

You are required 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 bedroom and bathroom with other members of the household. The person who is sick should eat in their room if possible and not 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.

SYMPTOM MONITORING

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have. Do this every day for 14 days.   Fill in the dates starting with the day you returned from your travel (Day 0).

1. Note the use of fever-reducing medication or contact with anyone outside your household
2. Symptoms may include fever, chills, muscle aches, runny nose, sore throat, cough, shortness of breath, nausea, vomiting, abdominal pain, diarrhea, and loss of taste or smell.
3. If you have any symptoms, call your health provider as soon as possible for more guidance.

DAY	DATE	SYMPTOMS	TEMP	NOTES
DAY 0		Day 0 is the day you returned home from your travel		
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		☀️ 🌙		