

Guidance for Health Care Workers Who Recently Traveled Internationally

Should health care workers travel internationally?

The North Dakota Department of Health (NDDoH) **STRONGLY** discourages international air OR cruise travel for all North Dakotans at this time. It is especially important that health care workers discontinue international travel to avoid potential furlough from work.

Please see the [State Health Officer international travel quarantine orders](#) for more information.

I recently traveled internationally, now what should I do?

- Notify your occupational health nurse or infection control nurse at your facility.
- You should monitor yourself for symptoms for 14 days.
- You should wear a mask at work at all times for 14 days.
- Practice social distancing and avoid contact with others (about 6 feet), when possible.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.

What are the signs and symptoms of COVID-19?

The symptoms of COVID-19 are fever, cough, difficulty breathing, sore throat, body aches, headache, chills, fatigue, diarrhea, nausea/vomiting, new loss of taste/smell and congestion or 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. You should also notify your occupational health nurse or infection control nurse at your facility.

How should you monitor your health after international travel?

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.
- Document your temperature twice a day, every day.
 - If you forget to take your temperature, take it as soon as you remember.
- Document your symptoms of COVID-19 every day.
- If you have fever, 100.4°F or higher (99.6°F for those who are immunocompromised or age 70 and older) or any symptom listed on the form, notify your occupational health nurse or infection control nurse at your facility.

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 COVID-19. Notify your occupational health nurse or infection control nurse at your facility.

Home Quarantine:

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. Household members should stay in another room or be separated from the patient as much as possible and prohibit visitors. 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 a regular household cleaning spray or wipe. For information about your household contacts, see [Recommended precautions for household members, intimate partners, and caregivers in a nonhealthcare setting](#).

I was tested for COVID-19 and my results are in...

If your test results indicate that you **DO** have COVID-19, remain in home isolation until the risk of secondary transmission is low. Follow [CDC's guidelines](#) for removal from isolation.

If symptomatic and your test results indicate that you **DO NOT** have COVID-19, you should still remain in home isolation for at least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms.