

## COVID-19 GUIDANCE FOR MIGRANT WORKERS

COVID-19 testing is critical in order to identify cases and prevent further spread.

**If you are a migrant worker planning to travel internationally out of North Dakota**, your destination or airline may require a negative COVID 19 test result within 72 hours of origin flight. *It is the traveler's responsibility to identify requirements related to their travel, as travel requirements differ by destination and carrier.*

Please reach out to your nearest local public health unit, Federally Qualified Health Center or select pharmacies to schedule an appointment for testing. Keep in mind that these facilities can only test during the week. It is not recommended to get tested at a mass testing event, as it is unlikely that the test will be resulted in 72 hours. You can find participating testing locations at this [link](#).

**Results:** If you have access to an email, the testing facility can send the result report pdf to you as soon as it is done. If you need someone else to receive the results, you will need to fill out a Patient Release of Information [form](#). Please call the facility that performed the test to request the result report. If it is an evening or weekend, you may contact the ND Department of Health to [request the report](#) or call 701-204-6664.

**If you are travelling internationally to North Dakota**, please follow the CDC international travel guidelines and practice safe hygiene. These include washing hands frequently, minimizing hand to face contact, and social distancing of up to 6 feet from other people. It is also recommended to isolate for 3 days upon arrival and obtain a PCR test after this period. A PCR test will allow us to look for virus variations more easily.

More helpful information and testing locations can be found at [www.health.nd.gov/covidtravel](http://www.health.nd.gov/covidtravel). Community testing events can be found at this [link](#).

If you have any questions, please call the NDDoH hotline at 1-866-207-2880 Monday through Friday from 8 a.m. to 5 p.m.