BACKGROUND

To slow the spread of coronavirus disease 2019 (COVID-19) into Pennsylvania, the Department of Health (DOH) is working with local public health partners to implement after-travel health precautions. There are currently four countries that have a Level 3 Travel Health Notice. Additional countries may be added as the global situation continues to evolve. An updated list of countries can be found here.

It is important to call 1-877-PA-HEALTH (1-877-724-3258) before you go to a doctor’s office or emergency room after coming back from traveling. If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, seek medical care; tell your doctor about your recent travel and your symptoms, avoid contact with others. If you need medical care for other reasons, call ahead to 1-877-PA-HEALTH (1-877-724-3258) and to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

WHAT SHOULD TRAVELERS DO?

If you have returned from Iran or China:
1. The health department will be alerted by CDC and will contact you
2. Stay home and self-isolate yourself for 14 days after travel

If you have returned from Italy or South Korea:
1. Call 1-877-PA-HEALTH (1-877-724-3258) to let the health department know about your travel
2. Stay home and self-isolate yourself for 14 days after travel

Any travelers returning from Iran, China, Italy and South Korea should self-monitor for symptoms like fever, cough, or trouble breathing. If you become sick, call 1-877-PA-HEALTH (1-877-724-3258) and the doctor’s office or emergency room before visiting.

HOW SHOULD I SELF-MONITOR AND PRACTICE SOCIAL DISTANCING?

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period.
3. Do not take public transportation, taxis, or ride-shares.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).
6. If you need support services during this self-monitoring and social distancing period, call 1-877-PA-HEALTH (1-877-724-3258).

When 14 days have passed since your departure date, you can return to your regular routine. For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15.

PREVENTIVE MEASURES

The department encourages healthcare workers to continue to remember ways to protect themselves from illnesses such as the cold, flu and also the coronavirus:

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover any coughs or sneezes with your elbow, do not use your hands!
- Clean surfaces frequently, such as countertops, light switches, cell phones and other frequently touched areas.
- Contain- if you are sick, stay home until you are feeling better.

For more information on what to do if you’re sick, visit our website or the CDC.