

COVID-19 Travel Advisory

Protecting Against COVID-19

Those entering Ohio after travel to states reporting positive testing rates of 15% or higher for COVID-19 are advised to self-quarantine for 14 days.

Positivity rate is an indicator of how much COVID-19 there is in a community, and ODH is recommending against travel to those states with high positivity. If someone must travel, ODH is recommending 14 days of self-quarantine after leaving those locations. This advisory is intended for both leisure and business travel, and should be heeded by both Ohioans and out-of-state travelers.

The list of states will be updated every week on Wednesday. Based on a 7-day rolling average of positivity rates of September 23, the affected states are:

SD	17.9%
ID	17.5%
WI	17.3%
IA	15.8%
KS	15.4%

Note: The states of Arkansas and Mississippi are shaded gray this week on the Travel Advisory Map as both are showing data irregularities with the number of total tests reported in the past week. Given recent patterns, Arkansas is likely to have a positivity rate of under 15%, and Mississippi is likely to have a positivity rate of over 15%.

What to Do During Self-Quarantine

- Take your temperature with a thermometer two times a day and monitor for fever, as well as other symptoms including cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
 - If fever and/or symptoms develop, call your medical provider.
- Remain at home and avoid all in-person activities. This includes work, grocery stores and pharmacies, public events and public places.

- If you live in a home with other people who did not travel with you, stay in a separate room. If this is not possible, wear a face mask when you are in the same room and stay at least six feet away from others.
- Do not leave home except to seek medical care. If you need to see a provider for reasons other than a medical emergency, please call in advance and discuss the care you need.
- In the event of a medical emergency, call 9-1-1. Indicate that you are in home quarantine for novel coronavirus exposure. Keep a face mask on until you are asked by a health care provider to remove it.
- Do not have visitors in your home.
- Do not use public transportation, taxis, or ride-shares.

Updated September 23, 2020.

Resources

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

<https://kentucky.gov/Pages/Activity-stream.aspx?n=CHFS&prId=281>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR