

## 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. It is intended as guidance and is not a mandate—please consider the information here along with other factors (mode of transportation, lodging, activities, ability to social distance when traveling, personal health factors, etc.) when making travel decisions for yourself and your family.

The positivity rates come from state-level aggregate data from The COVID Tracking Project (<https://covidtracking.com/data>), which is also the source that Johns Hopkins University uses for testing data on their dashboard at <https://coronavirus.jhu.edu/testing/individual-states>. Positivity information for Ohio’s travel advisory is updated once a week on Wednesdays, using data from that Tuesday. Positivity rates may have changed since our most recent update.

*As of October 21, The COVID Tracking Project is updating their processes for pulling data from individual states, and multiple states are also in the process of changing how they calculate and report their own data. Even with these challenges, The COVID Tracking Project is still the most consistent and timely source of state-level testing information.*

Based on a 7-day rolling average of positivity rates of October 21, the affected states are:

SD	35.7%
ID	29.5%
IA	21.2%
KS	19.4%
NE	19.2%
AL	16.5%
UT	16.1%

*Note: The states of **Mississippi, Nevada, and Wyoming** are shaded gray this week on the Travel Advisory Map. These states are showing multiple days in the past week without*

*overall testing volume data, so an accurate positivity rate cannot be calculated. Based on recent trends in these states, these states are likely to be at an elevated positivity rate and travel to/from those states should be reconsidered.*

## **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 October 21, 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](https://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