



### **A note from Siouxland District Health Department**

The current challenges being presented by the COVID-19 outbreak are forcing all of us as businesses to review our approach when giving guidance to employees. This is especially true for those that have been involved in travel.

There are employers that are telling employees that have just recently returned from travel, both domestic and international, not to return to work without a return to work notice from their provider stating they do not have COVID-19. This is something that is not possible for the provider to give. With the limited number of tests available, they will not be administered unless the employee meets some very distinct criteria and no asymptomatic people should be tested. If they do have symptoms and are eligible for testing, it is a minimum of 4 – 5 business days before any results are available to their provider. Symptomatic individuals shouldn't be at work anyway.

Here are some points for you to consider in your decisions related to travel:

- **Cruises-** currently any individual that has just returned from a cruise is requested to self-isolate for 14 days and monitor their health. If they should begin to show symptoms during this time, they should contact their primary care provider.
- **Domestic travel** – request that the individual monitor their health status and to self-isolate only if they begin to show any of the symptoms and report these to you as their employer.
- **International Travel**
  - **To Level III Countries** (China, Europe, Iran, Ireland, Malaysia, South Korea, United Kingdom: England, Scotland, Wales and Northern Ireland) as identified on the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>. These do change so it is important that you check this website for the most recent listing.): They should monitor their health, stay home for 14 days and avoid contact with others, do not take public transportation, taxis, or ride-shares during this time you are social distancing. Avoid crowded places such as shopping centers, movie theaters and restaurants. Keep a social distance of 6 feet or more from others.
  - **To countries other than Level III:** They should monitor their health and to self-isolate only if they should begin to show any symptoms and report these to you as their employer.

Additionally, any employee that is presenting with a fever and cough or shortness of breath should be referred to their doctor for evaluation and should self-isolate until the following conditions are met:

- 72 hours with no fever (and no fever-reducing medications) AND
- Other symptoms have improved AND
- At least 7 days have passed since symptoms began

**NOTE:** Monitoring your health includes checking for fever by taking your temperature twice per day and being aware of respiratory symptoms such as cough and shortness of breath.