



Nebraska Department of Health and Human Services
HEALTH ALERT NETWORK
Advisory



TO: Healthcare providers, Infection Control, Hospitals, Labs, and Public Health
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RE: Recommendations to Returning Out-of-State Travelers

DATE: March 23, 2020

Public health surveillance continues to identify significant numbers of COVID-19 infections in out-of-state travelers, with spread to other Nebraskans (>80% of lab-confirmed cases to date). The best way to minimize COVID-19 virus introduction/spread in Nebraska is to:

- limit unnecessary travel;
- upon return from out-of-state travel: maximize self-quarantine, social distancing, and non-pharmaceutical interventions (e.g., washing hands often, staying home if you are ill, covering your cough/sneezes, and cleaning frequently touched surfaces (www.cdc.gov/nonpharmaceutical-interventions)).

Out-of-State Travelers--When to Self-monitor, Self-quarantine or Self-isolate:

- Returning **international** travelers from regions with widespread sustained transmission (e.g., CDC Level 3 countries - <https://wwwnc.cdc.gov/travel/notices#alert>) should self-quarantine for 14 days following return.
- Widespread local transmission is occurring in many **regions of the U.S.**, and may be unrecognized and underreported due to the lack of testing. Returning travelers from regions of the U.S. with widespread transmission should self-quarantine for 14 days following return (e.g., Santa Clara County, CA; New York City, NY; Seattle, WA; etc.). Please note with continued widespread transmission across the U.S., the listed areas above are an example and may change over time.
- Any returning traveler who **develops fever or respiratory illness symptoms**, should **immediately self-isolate**, and report to a healthcare provider if symptoms are severe or medical attention is needed (calling ahead, when possible). If symptoms are mild, follow home care guidance and guidance to discontinue self-isolation (further defined below).
- Every **health care worker** who returns from out-of-state travel (excluding commuters) should consult with a trained medical professional at their facility (e.g., infection preventionist or physician) and establish a specific infection control protocol (e.g., PPE while at work, self-monitoring, self-quarantine) that mitigates patient and co-worker exposures. Special considerations should be taken for those working with high-risk

patients (e.g., patients in long-term care, chronic heart or lung conditions, diabetes, pregnant women).

- All other out-of-state travelers (**excluding commuters as defined below**) returning from any other international or domestic locations, should limit public interactions, practice strict social distancing, self-monitor for symptoms, and self-quarantine for 14 days *if feasible*.

Discontinuation from self-monitoring and self-quarantine:

- Discontinuation from self-quarantine and self-monitoring may cease if after 14 days there has been NO development of respiratory illness symptoms. Symptoms may include: fever, cough, shortness of breath, sore throat, runny nose.

Discontinuation from self-isolation:

- CDC guidance (www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html) states that an individual can stop self-isolation if:
 - It has been at least 7 days since symptoms first appeared
 - AND
 - No fever for at least 72 hours (fever-free for 3 full days off fever-reducing medicine)
 - AND
 - All other symptoms have improved (e.g., cough has improved)

Definitions:

- **Social distancing:** Minimize interactions in crowded spaces by working from home, closing schools/switching to online classes, cancelling/postponing conferences and large meetings, and keeping individuals spaced 6 feet apart.
- **Self-monitor:** Monitor yourself for symptoms consistent with COVID-19 infection, including cough, shortness of breath, fever, and fatigue. Persons with known exposure to COVID-19 infection are asked to check for symptoms including fever twice daily (e.g., 8 am and 8 pm). Persons with COVID-19 infection should document symptoms to enable accurate determination of duration of isolation (see above).
- **Self-quarantine:** Persons with known exposure to a person with COVID-19 infection should remove themselves from situations where others could be exposed/infected should they develop infection, and self-monitor to identify if COVID-19 infection develops.
- **Self-isolate:** Persons with clinical or lab-confirmed for COVID-19 infection should eliminate contact with others as detailed above.
- **Commuters** crossing state borders (e.g., Council Bluffs to Omaha, Sioux City to South Sioux City, and Cheyenne to Scotts Bluff), travelers passing through the state/moving within the state, and transportation service workers are not considered special at-risk groups and are not addressed in these out-of-state returning traveler recommendations.