

## COVID-19 FAQs

### Domestic Travel Advisory

On July 22, 2020, Ohio governor Mike DeWine issued an advisory recommending that domestic travelers who have been in states with a high positive testing rate for COVID-19 quarantine for 14 days upon entering Ohio. A list of states of concern will be updated every Wednesday.

#### **Q: What is quarantine?**

**A:** Quarantine is used to keep someone who might have been exposed to COVID-19 away from others until it can be determined whether they are contagious. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

#### **Q: Do I have to quarantine if I travel back to Ohio from another state?**

**A:** Completing a 14-day quarantine after traveling to states with a high positive testing rate for COVID-19 (15% or more of tests returning positive) is advised. The list of states with a high positive testing rate may change often, so it should be consulted regularly by travelers. Travelers should stay in their quarantine location for 14 days from the time they left a listed state and avoid interacting with anyone, including others in their household.

#### **Q: What is considered travel to another state? What if I'm just passing through or stopping for fuel?**

**A:** Travel to another state occurs any time a person crosses into a state via air travel, public transit, personal vehicle, or ride shares/taxis and interacts with individuals in that state. Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.

#### **Q: What if I didn't interact with or had limited contact with others in a listed state?**

**A:** When determining whether you should quarantine, consider the activities engaged in while you were traveling to or through listed states. Did you social distance, wear a mask, and wash or sanitize your hands often? Did you have prolonged, sustained contact with others? For example, stopping for fuel or traveling to an office where social distancing, mask wearing, and hand hygiene are practiced regularly are less risky than going to a restaurant or gathering that does not enforce mask wearing or social distancing.

**Q: Is this a recommendation or requirement?**

**A:** Quarantine related to travel is a recommendation, not a requirement. Quarantine is recommended because it is one of the most effective methods in preventing the spread of COVID-19. Quarantining helps keep you, your family, your friends, and your community safe.

**Q: Does the recommendation apply to people traveling to Ohio from another state as well as people who live in Ohio returning from a trip to one of the listed states?**

**A:** Yes, this recommendation applies to both out-of-state visitors to Ohio and to Ohioans coming back from a trip to a listed state. People who are planning on traveling to Ohio or visiting Ohio from one of the listed states should quarantine for 14 days to prevent the spread of COVID-19. Visitors should stay in their quarantine location for the full 14 days prior to interacting with anyone outside their travel group or household. It is also important to note, that Ohio has a mandatory mask requirement for those 10 and over in public with some exceptions.

**Q: Does it apply to business travel?**

**A:** Yes, the advisory applies to travel for both leisure and business purposes.

**Q: How should businesses implement these recommendations?**

**A:** Businesses should review the eligibility criteria in the Families First Coronavirus Response Act and provide flexible leave and work-from-home policies to accommodate the recommendation.

**Q: If a family member has returned from one of the listed states, must a non-traveling household member quarantine?**

**A:** The recommendation applies to Ohioans who have traveled to one of the listed states. However, if the individual who is under quarantine develops any signs or symptoms or has a positive test result, their close contacts, including household members, should also quarantine.

**Q: Should I quarantine if I don't have any symptoms?**

**A:** Yes, it is recommended that someone who has traveled to or is visiting from a listed state quarantine for 14 days.

**Q: What if I get a negative test showing I don't have COVID-19? Should I still quarantine?**

**A:** Yes. It could take days before an infection shows up on a lab test. So, even if you test negative for COVID-19 or feel healthy, you should quarantine for the full 14 days.

**Q: What if I already had COVID-19 and have recovered?**

**A:** Because COVID-19 is caused by a novel (new) coronavirus, it is unknown whether a person can be

re-infected; therefore, it is recommended that you quarantine after returning from travel to one of the listed states.

**Q: Why is 14 days the recommended quarantine period?**

**A:** Symptoms of COVID-19 are likely to appear within 14 days of exposure.

**Q: What do I need to do while quarantined?**

**A:** During the 14-day quarantine period, you should:

- Remain at home and avoid all in-person activities. This includes work, grocery stores and pharmacies, public events, and public places.
- 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.
- 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 6 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 911. Indicate that you are under quarantine for possible COVID-19 exposure. Keep a face mask on until you are asked by a healthcare provider to remove it.
- Do not have visitors in your home.
- Do not use public transportation, taxis, or ride-shares.

*Created July 22, 2020.*

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

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

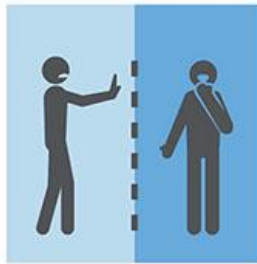
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STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



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