



**OKLAHOMA**  
**State Department of Health**

## **COVID-19 Spring Break Travel Advisory**

As Spring Break nears, please be aware that the Oklahoma State Department of Health (OSDH) is currently recommending that people avoid non-essential travel to those countries that have a CDC travel advisory, including:

- China
- Iran
- South Korea
- Italy

Avoiding travel to Japan is also recommended if you are an older adult or if you have any chronic health conditions. If you do happen to visit one of those destinations, we recommend that you stay home for 14 days upon return.

It is also advised to avoid all cruise travel at this time.

### **TRAVEL RECOMMENDATIONS**

#### **Before Travel**

If you will be traveling over Spring Break, the OSDH recommends that you establish a protocol with your employer before you travel in case you would be in a situation where a quarantine would be necessary upon your return. That could be bringing a work laptop, necessary work supplies and materials to your home, or even setting up telephone or digital conferencing as appropriate.

#### **Prevention**

If you are traveling for Spring Break, it is a good idea to focus on prevention:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

## Air Travel Information

Because of how air circulates and is filtered on airplanes, most viruses and other germs do not spread easily on airplanes. Although the risk of infection on an airplane is low, travelers should try to avoid contact with sick passengers and wash their hands often with soap and water for at least 20 seconds or use hand sanitizer that contain 60%–95% alcohol.

## Symptoms

Before you leave for Spring Break please know the symptoms. For confirmed COVID-19 infections, reported illnesses have ranged from people being mildly sick to people being severely ill. Symptoms can include:

- Fever (100.4 or higher)
- Cough
- Shortness of breath

## Upon Return

Please note, the Oklahoma State Department of Health (OSDH) encourages anyone who returns from a country with travel restrictions, or anyone who is experiencing flu-like symptoms, to self-quarantine for 14 days and report any concerning symptoms to a health care provider or call the OSDH Call Center at 877-215-8336.

Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

The OSDH regularly updates the Oklahoma-specific COVID-19 website:

[HTTPS://CORONAVIRUS.HEALTH.OK.GOV](https://CORONAVIRUS.HEALTH.OK.GOV)

## OSDH COVID-19 Call Center Hours

- 9 a.m. to 7 p.m. Weekdays
- 9 a.m. to 3 p.m. Saturdays
- Please check our COVID-19 website for updates to hours.

