



COVID-19 Guidance for International Travel

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What is the recommendation for schools or colleges that have spring break travel planned?

It is recommended that schools and colleges consider postponing or cancelling any school program-related international travel.

What is the recommendation for families that have spring break travel planned?

It is recommended that travelers pay close attention to the travel advisories issued by CDC. It is recommended that nonessential travel be avoided for areas that have been assigned Level 3 Travel Health Notices. A list of destinations with travel notices is available [here](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>). Be aware that COVID-19 activity is changing rapidly, so check the website frequently.

Which international travelers are being monitored by public health authorities in Iowa?

In accordance with the President's Task Force on Coronavirus, public health authorities are currently monitoring persons returning from mainland China and Iran. Individuals returning from these areas will be placed in a home quarantine with local public health supervision for 14 days after they have returned to monitor for symptoms of COVID-19.

What is a COVID-19 affected area?

COVID-19 affected areas are countries for which Level 3 and Level 2 Travel Health Notices have been issued by CDC. These areas have been identified as having widespread or sustained community spread of COVID-19. To identify which countries have travel notices, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What should I do if I just returned from an affected area?

If you returned from mainland China or Iran, please work with public health officials to follow your public health orders.

If you returned from any of the other COVID-19 affected areas, please isolate yourself by staying home for 14 days and monitoring yourself for symptoms. If you develop a fever or respiratory symptoms such as cough or difficulty breathing, please call your healthcare provider and notify them of your travel and symptoms prior to going into the medical office. If you require medical assistance, these professionals may give you special instructions to be sure you are seen in a way that does not expose others. Do not use public transportation, ride sharing, or taxis to reach the facility.

What if a student or employee's family returned to a COVID-19 affected area?

There are no movement restrictions placed on family members or household contacts of people who traveled to COVID-19 affected areas. These individuals that did not travel are able to attend school, go to work and continue with their daily activities.