



# \*\*COVID-19 HEALTH ALERT\*\*

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DHSS strongly advises that all Alaskans read and comply with the following guidance for returning travelers:

- 1. Higher Risk:** For travelers returning within 14 days from the time you left an area with *widespread, ongoing community spread* such as Europe, China and other countries (i.e., a [CDC Level 3 Travel Health Notice Area](#)) you should:
  - Stay home and avoid contact with other household members.
  - Contact your employer and do not go to work or school for this 14-day period after you return.
  - [CDC Level 3 Travel Health Notice Area](#)
    - China, Iran, South Korea, Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City.
- 2. Medium Risk:** For travelers returning within 14 days from outside of Alaska (including the rest of the United States) you should:
  - Discuss your work situation with your employer before returning to work.
  - Minimize contact with people as much as possible, self-monitor and practice social distancing.
  - This may mean not going to work or school if you cannot safely be distanced from others – especially if you traveled in a location where community transmission is occurring.

## Health Guidance for Returning Travelers in the Higher and Medium Risk Groups

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Do not take mass transportation during the time you are practicing social distancing.
3. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
4. Keep your distance from others (about 6 feet or 2 meters).
5. If you get sick with fever (>100.3°F), cough, or shortness of breath, please call your health care provider.
6. If you seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.

All Alaskans should follow previous guidance including regular hand washing, cleaning surfaces and avoiding large gatherings ([March 13 COVID-19 Health Alert: Recommendations for Keeping Communities Safe](#)).

This is not a mandate. This guidance is based on CDC's guidance, which can be found here:

[www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)  
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