Action Steps for Returned Travelers

Information from the Minnesota Department of Health for Travelers Returning from Countries Significantly Impacted by COVID-19 (novel coronavirus)

If you are returning from a country currently seeing elevated cases of COVID-19, we wanted to make you aware of some important action steps. Per the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH), it is important that you:

Stay at home for 14 days after you return:
- Remain out of public places
- Limit your interaction with others as much as possible
- Do not attend school, university/college, or work
- Do not use public transportation or ride sharing services (e.g., Lyft, Uber, taxi)
- You may go to grocery stores and pharmacies to obtain essential items, as long as you do not have symptoms. Please limit your time at these locations.

Monitor your health:
- Check your temperature twice a day
- If you feel sick with fever or cough, have difficulty breathing, or have body aches or chills:
  - Seek medical advice. Call your healthcare provider and discuss your travel, exposure and symptoms. Calling ahead will allow your provider to determine if you need to be seen and to prepare the clinic or emergency room to evaluate you.
  - Avoid contact with others.
  - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
  - Clean your hands often by washing them with soap and water for at least 20 seconds. This is really important right after coughing, sneezing, or blowing your nose. Soap and water should be used if hands are visibly dirty. You can also use alcohol-based hand sanitizers that contain at least 60% alcohol.
  - Stay home. Do not travel while sick.

If you have questions please contact:
- Boynton Health Services: 612-625-7900
- Minnesota Department of Health: 1-877-676-5414
If you were informed that you have had close contact with a person diagnosed with COVID-19:

- You are at increased risk of developing COVID-19.
- It is important that you call MDH for further guidance, even if you are not a Minnesota resident.
  - Please call MDH at 1-877-676-5414
- You can also call the Boynton Health Services Nurse Line at 612-625-7900 if you have further questions. Again, please do not visit Boynton Health Services without calling ahead first.

For more information on COVID-19, please visit the following websites:

- Minnesota Department of Health
- U.S. Centers for Disease Control and Prevention Travel Notices
- UMN Public Health Alert: COVID-19