

ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

Guidance for Travelers

Updated July 26, 2020

Taking a trip doesn't mean taking a break from reducing the spread of COVID-19. Traveling increases your chances of getting AND spreading the coronavirus. The Allegheny County Health Department recommends people follow these precautions while traveling and after returning, especially if visiting areas with increasing cases.

On July 15, Allegheny County Health Department Director Dr. Debra Bogen asked that people who recently have had high-risk travel and do not have symptoms of COVID-19 **to stay home and quarantine for 14 days**. This is a change from past travel guidance regarding testing and made because of the increase in cases of COVID-19 in the county. If you cannot quarantine and must return to an office or leave the house, seek testing but know that a negative test doesn't guarantee that you don't have COVID-19.

Low-risk travel includes:

- Travel to states with low COVID-19 cases and low positivity rates
- Driving with members of your household
- Visiting secluded places and keeping 6 feet of distance, including day trips
- Camping or staying at private accommodations with members of your household
- Not frequenting bars, restaurants or shops
- Commuting to neighboring states in your personal vehicle

High-risk travel includes:

- Travel to states with high COVID-19 cases and high positivity rates
- Using airplanes, buses or trains
- Visiting crowded places where maintaining 6 feet of distance is difficult, including day trips
- Staying at hotels, motels or resorts or with non-household members
- Frequenting bars, restaurants or shops
- Travel that involves large in-person meetings or social gatherings

If you do travel, protect yourself and others throughout the trip:

- Avoid crowded locations and close contact. Keep at least 6 feet away from others.
- Please wear a face covering, even if it's not required
- Wash your hands or use hand sanitizer frequently, especially after being in public or touching frequently touched surfaces and before and after touching your face, eating, smoking
- Avoid touching your eyes, nose, or mouth. Cover coughs and sneezes
- Consider picking up food at drive-throughs, curbside restaurant service, or stores

When your return from your trip:

- For high-risk travel, stay home and quarantine for 14 days. If you cannot quarantine, seek testing and stay home until you received your test results.
- Watch for COVID-19 symptoms and check for symptoms among travel companions
- Stay home and quarantine for 14 days if worried about exposure to COVID-19 during travel
- Get tested if feeling symptoms of COVID-19. Testing locations can be found at: <https://bit.ly/ACTestingSiteMap>

Questions about COVID-19? Visit www.alleghenycounty.us/coronavirus or call the Health Department's coronavirus hotline at 1-888-856-2774.

