

MCHS Travel Guidelines

If you travel out of your local area:

- Consider isolating at home for 14 days, depending on travel to/from an affected area, or contact with a person sick with COVID-19
- **OR** minimizing contacts as much as possible for 14 days.
- Watch your health and look for symptoms of COVID-19 and take your temperature daily.
- If at any point you develop symptoms like a fever, cough or breathing problems, please call your healthcare provider. They will assess your symptoms, may ask about travel history and will determine if you need to be tested for COVID-19.
- If you test positive for COVID-19 contact tracers will ask you about all recent travel.
- When around others, [stay at least 6 feet](#) (about 2 arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home.
- [Wash your hands](#) often or use hand sanitizer.

This will remain in place Per Executive Order No. 20-30 extending Stay at Home order through 11/3/2020