

**Advice for Travelers Arriving in Virginia from Countries
with Widespread Sustained COVID-19 Transmission and a Level 3 Travel Health Notice**
Guidance as of March 6, 2020

If you traveled to a country with an outbreak of coronavirus disease 2019 (COVID-19), you are at higher risk for becoming sick with COVID-19. The Virginia Department of Health recommends that you stay at home for 14 days from the time you left an area with widespread, ongoing community spread (identified as a [Level 3 Travel Health Notice country](#)) and monitor your health. Symptoms of COVID-19 include fever, cough, or shortness of breath. **If you develop fever, cough, or shortness of breath, call 877-ASK-VDH3 immediately to speak with a public health official.** If you have additional questions about staying home or monitoring your health, please contact your [local health department](#).

Take these steps to monitor your health while you stay home:

1. Take your temperature with a thermometer two times a day (once in the morning, once in the evening) and monitor for fever. Also watch for cough or trouble breathing.
 - If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, call the [local health department](#) for advice on seeking medical care. If you cannot reach the local health department, call ahead **before** you go to a doctor's office or emergency room.
 - Before you arrive, tell your doctor about your recent travel and your symptoms.
 - If you seek medical care for other reasons, call ahead to your doctor and tell them about your recent travel and symptoms.
 - If you have a medical emergency, call 911 and tell the operator about your recent travel.
2. Stay home and avoid contact with others.
 - If there are others in your household, try to minimize contact by staying in separate rooms.
 - Sleep in separate bedrooms and use separate bathrooms, if available.
3. Do not go to work, school, public events, or group gatherings during this period. As soon as you can, discuss your situation with your employer or school. Teleworking or long-distance learning is encouraged if that is an option available for you.
 - Your local health department can provide you with a letter excusing you from work or school.
4. Do not take public transportation, taxis, or ride-shares during the time you are under self-quarantine.
5. Avoid all public spaces, public activities, and group gatherings during the time you under self-quarantine.
6. If necessary, your [local health department](#) can ensure that your essential needs (for example, food and medication) are being met.
 - A family member or friend who did not travel may bring items to your door, but must stay at least 6 feet away from you and may not enter the home.
7. Keep your distance from others (about 6 feet or 2 meters).