

Virginia Department of Health: Advice for Travelers Arriving in Virginia from Countries with Sustained COVID-19 Transmission and a Level 2 Travel Health Notice

Guidance as of March 8, 2020

If you traveled to a country where coronavirus disease 2019 (COVID-19) is spreading in the community, you may be at higher risk for becoming sick with COVID-19. The Virginia Department of Health recommends that you monitor your health and limit your interactions with others for the 14 days from the time you left the country identified by CDC as a [Level 2 Travel Health Notice country](#). 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 and practice social distancing:

1. Remain alert for fever, cough, or difficulty breathing.
 - If you feel feverish or develop a cough or have trouble breathing during these 14 days, separate yourself from others and 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 for specific instructions.
 - 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. To the extent possible, consider not going to work or school.
 - Work with your employer or school administrator regarding telework options or distance learning.
 - Your local health department can provide you with a letter excusing you from work or school.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers, movie theaters, and stadiums) and limit your activities in public during the time you are practicing social distancing.
5. Essential services (e.g., grocery shopping, filling prescriptions) should be done in a way that minimizes your activities in public. For example:
 - Use delivery services for meals and groceries if available or ask family members and friends if they are able to assist with these activities. If these options are not available, grocery shopping during non-peak hours and distancing yourself from others is advised.
 - Use pharmacies with drive-through services if available.
 - Ask if routine medical or dental appointments can be rescheduled. If an appointment is advised, call ahead to the doctor's office and ask for specific instructions. Ask if scheduling the appointment during non-peak hours is an option. Before entering a healthcare setting, put on a facemask.
6. Keep your distance from others (about 6 feet or 2 meters).