

March 18, 2020

Travel Guidance for Providers

As key members of our Health Care Team, you, as providers, are a critical asset during this COVID-19 pandemic. Therefore, we are discouraging any non-essential travel.

The U.S. State Department is advising the public to reconsider traveling abroad. Domestically, several high-risk areas are already identified with more sure to follow. In fact, some counties may begin issuing 'shelter in place' orders to slow the spread of the new coronavirus. We've seen this already in the San Francisco Bay area and in central California.

The Centers for Disease Control and Prevention (CDC) advises caution when traveling to areas reporting community spread of COVID-19. As the new coronavirus situation evolves, you should think carefully about the following:

- **Is COVID-19 spreading in the area you're visiting?** Check with your destination's local health department to learn as much as you're able.
- **Do you live with older adults or anyone with a serious medical condition?** Even if you aren't sick, you risk spreading illness to the most high-risk members of our community.
- **Do you have a plan for taking time off work in case a self-quarantine is prescribed?** If you have close contact with anyone carrying COVID-19, or if you get sick yourself, you may be required to stay home in social isolation for up to 14 days.

While in quarantine, you will be asked for 14 days to:

- take your temperature, two times per day, monitor for fever, cough
- stay home – no work, school, contact with others
- keep your distance from others
- no public transport
- limit public places, avoid crowds

For a complete list of CDC travel considerations: [cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html)

As healthcare professionals, we're here to support our patients and our communities. Munson Healthcare encourages you to understand the potential risks and make responsible decisions.

As we have experienced, things are changing rapidly. Personal travel is ultimately your choice. If you decide to travel, make sure you [practice good hand hygiene](#) and social distancing as much as possible to help keep you and your family safe.

