Public health surveillance continues to identify significant numbers of COVID-19 infections in out-of-state travelers, with spread to other Nebraskans (>80% of lab-confirmed cases to date). The best way to minimize COVID-19 virus introduction/spread in Nebraska is to:

- limit unnecessary travel;
- upon return from out-of-state travel: maximize self-quarantine, social distancing, and non-pharmaceutical interventions (e.g., washing hands often, staying home if you are ill, covering your cough/sneezes, and cleaning frequently touched surfaces [www.cdc.gov/nonpharmaceutical-interventions]).

Out-of-State Travelers--When to Self-monitor, Self-quarantine or Self-isolate:

- Returning international travelers from regions with widespread sustained transmission (e.g., CDC Level 3 countries: https://wwwnc.cdc.gov/travel/notices#alert) should self-quarantine for 14 days following return.

- Widespread local transmission is occurring in many regions of the U.S., and may be unrecognized and underreported due to the lack of testing. Returning travelers from regions of the U.S. with widespread transmission should self-quarantine for 14 days following return (e.g., Santa Clara County, CA; New York City, NY; Seattle, WA; etc.). Please note with continued widespread transmission across the U.S., the listed areas above are an example and may change over time.

- Any returning traveler who develops fever or respiratory illness symptoms, should immediately self-isolate, and report to a healthcare provider if symptoms are severe or medical attention is needed (calling ahead, when possible). If symptoms are mild, follow home care guidance and guidance to discontinue self-isolation (further defined below).

- Every health care worker who returns from out-of-state travel (excluding commuters) should consult with a trained medical professional at their facility (e.g., infection preventionist or physician) and establish a specific infection control protocol (e.g., PPE while at work, self-monitoring, self-quarantine) that mitigates patient and co-worker exposures. Special considerations should be taken for those working with high-risk
patients (e.g., patients in long-term care, chronic heart or lung conditions, diabetes, pregnant women).

- All other out-of-state travelers (excluding commuters as defined below) returning from any other international or domestic locations, should limit public interactions, practice strict social distancing, self-monitor for symptoms, and self-quarantine for 14 days if feasible.

Discontinuation from self-monitoring and self-quarantine:

- Discontinuation from self-quarantine and self-monitoring may cease if after 14 days there has been NO development of respiratory illness symptoms. Symptoms may include: fever, cough, shortness of breath, sore throat, runny nose.

Discontinuation from self-isolation:

- CDC guidance ([www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)) states that an individual can stop self-isolation if:

  - It has been at least 7 days since symptoms first appeared AND
  - No fever for at least 72 hours (fever-free for 3 full days off fever-reducing medicine) AND
  - All other symptoms have improved (e.g., cough has improved)

Definitions:

- **Social distancing:** Minimize interactions in crowded spaces by working from home, closing schools/switching to online classes, cancelling/postponing conferences and large meetings, and keeping individuals spaced 6 feet apart.
- **Self-monitor:** Monitor yourself for symptoms consistent with COVID-19 infection, including cough, shortness of breath, fever, and fatigue. Persons with known exposure to COVID-19 infection are asked to check for symptoms including fever twice daily (e.g., 8 am and 8 pm). Persons with COVID-19 infection should document symptoms to enable accurate determination of duration of isolation (see above).
- **Self-quarantine:** Persons with known exposure to a person with COVID-19 infection should remove themselves from situations where others could be exposed/infected should they develop infection, and self-monitor to identify if COVID-19 infection develops.
- **Self-isolate:** Persons with clinical or lab-confirmed for COVID-19 infection should eliminate contact with others as detailed above.
- **Commuters** crossing state borders (e.g., Council Bluffs to Omaha, Sioux City to South Sioux City, and Cheyenne to Scotts Bluff), travelers passing through the state/moving within the state, and transportation service workers are not considered special at-risk groups and are not addressed in these our-of-state returning traveler recommendations.