

This is information provided by Meghan Cordova who is our health department liaison.

DHHS is now mirroring the CDC recommendations about quarantine following international travel, as well as the testing requirements prior to returning to the United States.

They also mention strict social distancing and self monitoring for any out-of-state, or in-state travelers. Here is the link to the webpage and below are the recommendations.

Webpage: <https://dhhs.ne.gov/Pages/COVID-19-Traveler-Recommendations.aspx>

Traveler Recommendations

When to self-quarantine and self-monitor for travelers:

- International travelers will need to get tested (PCR or Antigen test) no more than 3 days before they travel by air into the United States (US), and show a negative result to the airline before they board the flight, or be prepared to show documentation of recovery (proof of a recent positive viral test and a letter from a healthcare provider or a public health official stating that they were cleared to travel).
- Returning international travelers will need to be tested 3-5 days after travel AND stay home and self-quarantine for 7 days after travel.
 - If the test is positive, individuals need to isolate themselves to protect others from getting infected
 - If an individual is not tested after returning from international travel, they need to stay home and self-quarantine for 10 days after travel into the US.
- International travelers need to avoid being around people who are at increased risk for severe illness for 14 days, whether they are tested or not. However, several countries are seeing increasing cases of COVID-19 and we continue to recommend that travelers practice strict social distancing and self-monitor for symptoms. If symptoms develop, individuals should isolate immediately

When to practice strict social distancing and self-monitor for travelers:

- Out-of-state travelers and others traveling within Nebraska (e.g., commuters) should practice strict social distancing and self-monitor for symptoms consistent with COVID-19. Individuals that develop symptoms should immediately self-isolate.

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