

COVID-19 (Coronavirus) Self-Assessment Guidelines

Below are a few questions to consider as you return from your travel to/from Level 2 and 3 countries.

Have you traveled to any Level 2 or 3 countries (as identified by the CDC) in the past 14 days? (Review the link and list below for reference; information current as of 2/28/2020).

If so, please monitor your personal health for signs of illness and follow the CDC recommendations outlined below.

[CDC Travel Health Notices](#)

- China
- South Korea
- Japan
- Italy
- Iran

Were you in any of the countries noted above and in close proximity with anyone exhibiting signs of illness (cough, sneezing, fever, etc.)?

If so, please monitor your personal health closely for signs of illness.

If you were exposed to anyone diagnosed with COVID-19 please advise your health provider.

CDC Recommendations

If you spent time in any of the countries mentioned during the past 14 days and feel sick with fever, cough, or difficulty breathing:

- **Seek medical advice.** Call ahead before going to a doctor's office or emergency room. Tell them about your recent travel an area with community spread of coronavirus, and your symptoms.
- **Avoid contact with others.**
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol immediately after coughing, sneezing, or blowing your nose. Soap and water should be used if hands are visibly dirty

If you become sick after returning to work, you should go home immediately. If you have been diagnosed with coronavirus (COVID-19) please advise your HRBP immediately.

Additional resources for travelers:

- <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>
- <https://wwwnc.cdc.gov/travel/notices>