



Updated Travel Guidance

For more than two months in Humboldt County and across the State of California, only essential travel has been allowed. However, as we progress along the Governor's Roadmap to Recovery, travel is no longer being limited to essential travel, as evidenced by the opening of campgrounds, RV parks and hotels across much of the state.

But just as the state is still recommending that people not travel significant distances in order to avoid spread of COVID-19, we are locally advising that individuals limit their travel in and out of the county. This is because many areas of the state and country are experiencing more COVID-19 activity than Humboldt and travel is likely to increase one's risk of exposure, compared to remaining close to home.

Beginning early in our COVID-19 response, self-quarantine for 14 days was recommended after return from travel, particularly for travel to higher risk areas. As the pandemic progresses and there is evidence of community transmission in most areas, it is becoming increasingly challenging to define which areas are higher or lower risk for travel.

What has become clear is that the destination is likely less important than one's decisions while traveling. If you and the people you interact with are using facial coverings, maintaining social distancing when in public spaces, avoiding public gatherings, and using good handwashing and sanitizing practices, the travel-related risk of acquiring a COVID-19 infection is reduced.

Current recommendations for most returning travelers may be found below. *Please note, all individuals should check with their employer about workplace-specific policy on travel in their setting. This is particularly important for healthcare and other workers in high-risk settings.*

Domestic Travel

Individuals should carefully monitor themselves and household members for symptoms of COVID-19 for 14 days after return from travel. You do not need to quarantine at home during this time unless your activities while traveling have placed you at higher risk of exposure, as outlined above. If you are at higher risk of exposure, home quarantine is the safer option.



Symptoms of COVID-19 may include some or all of the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.

Anyone becoming ill with possible COVID-19 symptoms should contact their healthcare provider and isolate at home except for accessing healthcare. Meanwhile, all other household members should continue their quarantine at home while awaiting further direction from a healthcare provider. If a primary care provider is not available, or more guidance is desired, please contact your local public health office, or call the COVID Community Information Line at 707-441-5000.

Both "isolation" and "quarantine" mean staying home except to access medical care. Quarantine is the term used for people who do not have symptoms but are at increased risk of developing an infection. Isolation is the term used when people have COVID-19 symptoms and either have been confirmed as a case or are awaiting testing.

International Travel

At this time, per continued Centers for Disease Control and Prevention guidance, individuals returning from international travel should self-quarantine at home for 14 days after return. This means remaining at home except to seek medical care.

Anyone becoming ill with possible COVID-19 symptoms should contact their healthcare provider and isolate at home except for accessing healthcare. Meanwhile, all other household members should continue their quarantine at home while awaiting further direction from a healthcare provider. If a primary care provider is not available, or more guidance is desired, please contact your local public health office.

If you have questions regarding these recommendations, please contact the Joint Information Center at 707-441-5000. If you are a returning traveler and have concerns, please call the Humboldt County Public Health Department communicable disease line at 707-268-2182.



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Date

