



COVID-19 Guidance for International Travel

Is it safe to travel outside of the U.S.?

Prior to planning international travel, visit the CDC's website to review current travel advisories <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>. Be aware that COVID-19 activity is changing rapidly, so check the website frequently.

Which international travelers are being monitored by public health authorities in Iowa?

In accordance with the President's Task Force on Coronavirus public health authorities are currently monitoring persons returning from mainland China for 14 days after they left mainland China.

What is a COVID-19 affected area?

COVID-19 affected areas are countries for which Level 3 and Level 2 Travel Health Notices have been issued by CDC. To identify which countries have travel notices, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What should I do if I just returned from an affected area?

If you returned from mainland China, please work with public health officials to follow your public health orders.

If you returned from any of the other COVID-19 affected areas, please isolate yourself by staying home for 14 days and monitoring yourself for symptoms. If you get a fever or respiratory symptoms, please call your healthcare provider and notify them of your travel prior to going into the medical office. Your healthcare provider may give you advice on whether you need to be seen in the office and if so, give you special instructions that might need to be followed to be sure you are seen in a way that does not expose others.