



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

Winnebago County Health Department COVID-19 Interim Travel Recommendations

Updated 07/02/2020

As COVID-19 continues to spread across our state and country, how closely you follow physical distancing recommendations is the best way to lower your risk of exposure to COVID-19. Traveling outside your local community presents additional risks as you are more likely to encounter situations where your control of contact with non-household persons, physical distancing, handwashing, and other protective measures are limited.

Therefore, the Winnebago County Health Department continues to recommend the following:

- Stay home as much as possible, especially if your trip is not essential.
- Travel only for essential activities.
- Stay home when you are ill and communicate with your workplace and medical provider by phone or e-mail, not in person.
- Avoid traveling between your private homes within the state such as seasonal homes or rental cabins.
- Visit the [DHS Travel Guidance webpage](https://www.dhs.wisconsin.gov/covid-19/travel.htm) for more detailed information and frequently asked questions: <https://www.dhs.wisconsin.gov/covid-19/travel.htm>

When you plan ahead, you are more likely to follow recommendations that keep you and your loved ones safe from unnecessary exposure to persons outside your household.

If you must travel, we recommend the following precautions:

- Avoid close contact with others; maintain six (6) feet or more of physical distance from others at all times.
- Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Wear a mask or cloth face covering in public.
- Travel alone when possible or only with household members.
- Travel in a vehicle if possible to have more control of who you may come into contact with.
- Consult with your employer in advance about your travel plans and plan for how you will limit exposure to others during your travels and discuss implications for your return to work.
- Do not attend gatherings.
- Limit your time indoors in environments such as restaurants, bars, or other establishments that do not have strategies in place to reduce risk of respiratory exposure from others.
- Do a pre-trip check on your car and tires. Fewer roadside services may be available and you may become stranded if you have car troubles.
- Clean your car, especially the steering wheel, safety belts, door handles, and the keys or fob you use to start the car.
- For each traveler, pack:
 - Cloth face coverings
 - Gloves
 - Hand sanitizer
 - Soap
 - Disinfectant wipes

- A restroom break kit including: soap, paper towels for drying hands and using it to open doors, toilet seat covers, hand sanitizer, and wipes when soap and water are not available.
- Bring everything you will need, including your own groceries, medications, and toiletries.
- If you need to stop for food, gas, or supplies:
 - One traveler should engage with store employees.
 - Wash your hands or use hand sanitizer after returning to your car.
 - Use cloth face coverings.
 - Wait to use the restroom until after you pump gas, and wash your hands before and after doing so.
 - Wear gloves while you pump gas and throw them away.

If you are returning from travel, you should:

- Stay home as much as possible to stop the spread of COVID-19 to others.
- Monitor for signs and symptoms of illness for 14 days.
 - Check your temperature twice daily
 - Write down your symptoms
 - If you develop symptoms like fever, cough, or shortness of breath, call your doctor.
 - See [DHS COVID-19: Monitoring for Illness](#) for more details about self-monitoring and self-quarantine.
- Continue to follow physical distancing.
- Wear a face covering in the presence of others.
- Contact your employer to determine if you need to work off site or take other precautions for your return to work to protect other coworkers and staff.

Employers should consider the following:

- Encourage staff to share information about exposure to others that may put your workplace at risk.
- Plan to work with employees who are at risk of becoming ill and exposing others.
- Consider employee situations on a case-by-case basis.
- Draft plans to protect your most vulnerable staff and clients.
- Develop a plan that includes scaling down operations should staff become ill, to prevent transmission to a greater number of work staff.
- Follow [Wisconsin Economic Development Corporation guidelines](#) to prepare and keep your workplace safe: <https://wedc.org/reopen-guidelines/>

For more information and frequently asked questions regarding travel guidance, visit the [DHS Travel Guidance webpage](#): <https://www.dhs.wisconsin.gov/covid-19/travel.htm>