



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

Winnebago County Health Department COVID-19 Interim Travel Recommendations

Updated 05/21/2020

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.

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.

If you are returning from travel, you should:

- 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.
- Monitor for signs and symptoms of illness for 14 days.
- Continue to follow physical distancing.
- Wear a face covering in the presence of others.

If you feel your exposure to others put you at risk of exposure to illness you should:

- Notify your employer of the potential risk and:
 - Wear a face covering in the presence of others as a precaution. A mask protects others.
 - Make a plan to stay home (quarantine) for 14 days and monitor for signs and symptoms of illness.

- Make a plan with your employer on how to keep others safe at the workplace if you must work. This might entail:
 - working offsite
 - working in separate areas
 - wearing a face mask or other protective equipment

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.