

# COVID-19 guidance

Saginaw County



HEALTH DEPARTMENT

## Travel Considerations

The Saginaw County Health Department is issuing the following recommendations for all individuals returning from domestic or international spring break travel:

- Perform daily symptom monitoring.
- Consider getting tested for COVID-19.
- Think about working/attending school remotely for 7 days (if tested) or 10 days (if not tested) upon return (see below for specific recommendations related to COVID-19 “hot spots” and for vaccinated versus non-vaccinated individuals).
- If symptoms of COVID-19 develop after returning from travel, individuals should isolate immediately and contact their primary care provider for diagnosis and treatment.

### Am I traveling to a COVID-19 hot spot?

Non-vaccinated individuals traveling to an area with high incidence of COVID-19 (“hot spots”), those traveling internationally, or individuals participating in higher risk activities (i.e. attending large gatherings, family reunions, amusement parks, etc.) are recommended to get tested and quarantine for 7 days upon their return (quarantine for 10 days if not tested). During this time, remote work/school is recommended. California, Florida, New York, and Texas are considered areas with high incidence of COVID-19. Check whether you are planning to travel to a “hot spot” (<https://bit.ly/38fJxRrX>).

### How do I stay safe while traveling?

While traveling, it is recommended that all individuals wear a mask, regardless of whether they have been vaccinated for COVID-19. Additional recommendations include social distancing, avoiding crowds or large gatherings, and practicing good hand hygiene. For more information about travel during the COVID-19 pandemic, visit the CDC website (<https://bit.ly/30i9rAl>).

### What are the recommendations for vaccinated individuals?

Saginaw County residents who have been fully vaccinated (i.e. between 14-90 days from the final COVID-19 dose), do not have to quarantine upon return from domestic or international travel. However, they should monitor for symptoms and, if any develop, should isolate immediately and contact their primary care provider for diagnosis and treatment.

Individuals who have not been fully vaccinated (i.e. have only had one dose or are outside of the 14-90 days of highest immunity) are recommended to quarantine and work/attend school remotely upon return.

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