



Public Health
Prevent. Promote. Protect.

Audrain County Health Department
1130 S. Elmwood Drive, Mexico, MO 65265
Telephone: (573) 581-1332 ~ Fax: (573) 581-6652

Technical Advisory – April 1, 2020

COVID-19 Advisory #2

As residents return from vacation trips and other travel, it is the advice of the Centers of Disease Control (CDC) and Audrain County Health Department that they self-quarantine for 14 days.

During that time, travelers returning from outside of Central Missouri are advised to stay home, avoid contact with others, and monitor for symptoms. If a traveler were to become symptomatic, they are encouraged to contact their healthcare provider.

While we recognize that this will be a hardship for returning travelers, it is important to prevent the spread of coronavirus in our community. Our community has been working diligently to put strategies in place that will help curb the transmission of illness and avoid a spike in cases. Travelers may feel fine when returning but could be carrying illness as a result of travel.

It is important that each of us continue to practice basic preventative measures to help decrease the spread. These measures, as outlined by the CDC, include avoiding contact with people who are sick, covering coughs and sneezes, proper handwashing, cleaning frequently used surfaces, and staying home when sick.

The Audrain County Health Department is taking necessary precautions to keep our community safe and will continue to diligently monitor the COVID-19 situation and follow CDC guidelines to help protect the public health and limit spread of this infection.

Crowded travel settings, like airports, may increase chances of getting COVID-19, if there are other travelers with coronavirus infection. There are several things you should consider when deciding whether it is safe for you to travel.

Things to Consider Before Travel:

- **Is COVID-19 spreading in the area where you're going?**
If COVID-19 is spreading at your destination, but not where you live, you may be more likely to get infected if you travel there than if you stay home. If you have questions about your destination, you should check your destination's local health department website for more information.
- **Will you or your travel companion(s) be in close contact with others during your trip?**
Your risk of exposure to respiratory viruses like coronavirus may increase in crowded settings, particularly closed-in settings with little air circulation. This may include settings such as conferences, public events (like concerts and sporting events), religious gatherings,

public spaces (like movie theatres and shopping malls), and public transportation (like buses, metro, trains).

- **Are you or your travel companion(s) more likely to get severe illness if you get COVID-19?**

People at higher risk for severe disease are [older adults and people of any age with serious chronic medical conditions](#) (such as heart disease, lung disease, or diabetes). CDC recommends that [travelers at higher risk for COVID-19 complications](#) avoid all cruise travel and nonessential air travel.

- **Do you have a plan for taking time off from work or school, in case you are told to stay home for 14 days for self-monitoring or if you get sick with COVID-19?**

If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel. If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious. You will be asked to avoid contact with others (including being in public places) during this period of infectiousness.

- **Do you live with someone who is older or has a serious, chronic medical condition?**

If you get sick with COVID-19 upon your return from travel, your household contacts may be at risk of infection. Household contacts who are [older adults or persons of any age with severe chronic medical conditions](#) are at higher risk for severe illness from COVID-19.

- **Is COVID-19 spreading where I live when I return from travel?**

Consider the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with people who are [older adults or have severe chronic health condition](#). These people are at higher risk of getting very sick. If your symptoms are mild or you don't have a fever, you may not realize you are infectious.

Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to [take steps](#) to help prevent getting and spreading COVID-19 and other respiratory diseases during travel. For the most up-to-date COVID-19 travel information, visit [CDC COVID-19 Travel page](#).

We highly encourage, if you suspect that you have COVID-19 or have been exposed to someone with COVID-19, call your healthcare provider before seeking care.

For more information, please visit www.cdc.gov.