



KEEPING YOU SAFE & INFORMED

COVID-19 RESPONSE 5-21-2020

As the COVID-19 virus has circulated across the United States, it is difficult to say personal travel to one part of the country is more concerning than another. Therefore, the Iowa Department of Public Health has updated their guidance regarding traveling out of state and what Iowans need to do once they return to Iowa.

As a result, we are updating our guidance. **Effective immediately**, employees will no longer be required to self-isolate after returning home from personal travel outside of Iowa from within the United States if:

- They remain well and are not displaying any symptoms.
- They have not been in contact with someone who is ill.

However, if you travel outside of the United States, you will still need to self-isolate for 14 days upon returning to Iowa.

As always, travelers should continue to follow personal hygiene and social distancing guidelines including:

- *Clean your hands often.*
 - *Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.*
 - *If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.*
- *Cover coughs and sneezes.*
- *Avoid touching your eyes, nose, and mouth.*
- *Do not gather in groups of more than 10.*
- *Maintain six feet distance from others.*
- *Avoiding close contact is especially important if you are at higher risk of getting very sick from COVID-19.*
- *Wear a cloth face covering in public.*

If you are currently self-isolating due to out-of-state travel, please return to work at the start of your next work day, if you are not displaying any symptoms.

If you are planning any personal travel, please follow CDC's guidance on travel: [CDC Travel Guidance](#).

We will be updating DOT FAQ's to reflect this change. Please note this guidance is for personal travel; we are continuing to restrict business travel at this time. If you have any questions, please contact one of the following team members in the Employee Services Bureau.

Take care and stay safe.
Lee