**Guidance for Work after Travel**

**Information for Health Care Workers from Nebraska Medicine Employee Health**

**and Students from UNMC Student Health**

1. **What do I need to do if I am returning from cruise ship travel or a county that the Centers for Disease Control and Prevention has classified as a Level 3 Travel Health location?** (As of March 19, 2020, this includes China; Iran; South Korea; Europe (Schengen Area): Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Malaysia, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City; United Kingdom and Ireland: England, Scotland, Wales, Northern Ireland, Republic of Ireland)

* **You must home quarantine for 14 days and register with the local public health department**
* If you do not develop symptoms during your 14-day quarantine and you are ready to return to work or class, health care workers should contact Nebraska Medicine Employee Health (402.552.3563) and students should contact UNMC Student Health (402.559.7204) for further instructions

1. **What do I need to do if I am returning from Japan, Singapore, Hong Kong, Taiwan and Thailand?**

* If you had direct contact with someone with COVID-19 or worked in a health care facility, **you are required to register with the Public Health Department and institute a 14-day home quarantine**
  + If you do not develop symptoms during your 14-day quarantine and you are ready to return to work or class, health care workers should contact Nebraska Medicine Employee Health (402.552.3563) and students should contact or UNMC Student Health (402.559.7204) for further instructions
  + If you do develop symptoms (fever, cough, shortness of breath), notify the Public Health Department. Health care workers should also notify Nebraska Medicine Employee Health (402.552.3563) during normal business hours or the OUCH pager (888.OUCH) after hours for instructions. Students should contact UNMC Student Health (402.559.7204) for instructions
* If you have not had direct contact with someone with COVID-19 or worked in a health care facility, you must:
  + Register with the Public Health Department
  + Notify Nebraska Medicine Employee Health (402.552.3563) or UNMC Student Health (402.559.7204) upon return, which will institute an active monitoring protocol for a minimum of 14 days
  + If you develop symptoms (fever, cough, shortness of breath):
    - Promptly remove yourself from work or class and/or stay home
    - Health care workers: inform Nebraska Medicine Employee Health (402.552.3563) during normal business hours or the OUCH pager (888.OUCH) after hours for instructions
    - Students: inform UNMC Student Health (402.559.7204) for instructions
    - Employee Health/Student Health will coordinate having the individual tested as deemed necessary and discuss release to return to work/class with them. (This practice is congruent with the Nebraska Department of Health and Human Services guidance)
    - Inform the Public Health Department

1. **What do I need to do to return to work after returning from international travel (non-high risk country not listed in question 1 or 2 above)?**

* If you are not showing symptoms (fever, cough, shortness of breath), you had no contact with someone with COVID-19, and/or you did not work in a health care facility, you may return to work or class and resume normal activities
* Notify Nebraska Medicine Employee Health (402.552.3563) or UNMC Student Health (402.559.7204) upon return, which will institute an active monitoring protocol for a minimum of 14 days
  + If you develop symptoms (fever, cough, shortness of breath):
    - Promptly remove yourself from work or class and/or stay home
    - Health care workers: inform Nebraska Medicine Employee Health (402.552.3563) during normal business hours or the OUCH pager (888.OUCH) after hours for instructions
    - Students: inform UNMC Student Health (402.559.7204) for instructions
    - Employee Health/Student Health will coordinate having the individual tested as deemed necessary and discuss release to return to work/class with them. (This practice is congruent with the Nebraska Department of Health and Human Services guidance)
    - Inform the Public Health Department

1. **What do I need to do to return to work after returning from domestic travel (within the United States)?** 
   1. **If you are returning from Seattle, Wash.; New York City/Westchester County, N.Y.; or Santa Clara County, Calif., you must home quarantine for 14 days and monitor symptoms:**

* If you do not develop symptoms during your 14-day quarantine and you are ready to return to work, contact Nebraska Medicine Employee Health (402.552.3563) or UNMC Student Health (402.559.7204) for further instructions
  1. **If you are returning from any other domestic travel (within the United States):**
* If you are not showing symptoms and/or you had no direct contact with someone with COVID-19, you may return to work or class and resume normal activities. You do not need to be cleared to work by Employee Health/Student Health
* Employee Health/Student Health recommends self-monitoring (checking yourself for fever, cough, shortness of breath) for 14 days
  + If you develop symptoms, promptly remove yourself from work or class and/or stay home.
    - Health care workers: Inform Nebraska Medicine Employee Health (402.552.3563) during normal business hours and the OUCH pager (888-OUCH) during after-hours for instructions.
    - Students: inform UNMC Student Health (402.559.7204) for instructions
    - Employee Health/Student Health will coordinate having the individual tested as deemed necessary and discuss release to return to work/class with them. (This practice is congruent with the Nebraska Department of Health and Human Services guidance)