

Revised Guidelines for Quarantine After Travel

Since March, the CDC has advised travelers to self-quarantine for 14 days after all international travel, and after domestic travel to states seeing a high rate of COVID-19 cases. On Monday, the CDC removed specific directions for two-week quarantines from the “After You Travel” section of its coronavirus travel guidance. Instead, they caution those who engaged in higher risk activities (see below) to “stay home as much as possible” on return. There are no government mandates currently in effect for Iowa.

Based on this new information, the Diocesan policy has been modified:

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19. The following information is provided by the CDC. For more information, consult the [guidelines and directives from the CDC](#) and the [Iowa Department of Public Health](#). If the information provided is conflicted, the more restrictive information must be followed.

- Do not travel if you are sick or if you have been around someone with COVID-19 in the past 14 days. Do not travel with someone who is sick. Consider the risk to household members who are at higher risk of infection.
- Check [state, territorial, tribal](#) and local public health websites for information before you travel. If you are traveling internationally, check the destination’s Office of Foreign Affairs or Ministry of Health or the [US Department of State, Bureau of Consular Affairs, Country Information](#) for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or quarantine. Check CDC’s [COVID-19 Travel Recommendations by Destination](#)
- During your trip, wear a mask when in public settings. Maintain physical distancing of six feet from anyone who is not from your household. Wash your hands often or use hand sanitizer. Avoid contact with anyone at higher risk for severe illness from COVID-19.
- If you participated in higher risk activities or think that you may have been exposed before or during your trip, quarantine to protect others for 14 days upon return. Consider being tested for COVID-19. High risk activities and situations include being in an area that is experiencing high levels of COVID-19 spread; attending large social gatherings like a wedding, funeral, or party; attending a mass gathering like a sporting event, concert, or parade; being in crowds (including restaurants, bars, airports, bus and train stations, or movie theaters); and traveling on a cruise ship or river boat.