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Travel Advisory 11/17/20

COVID-19 is spreading quickly in many parts of the county. Nonessential travel, including holiday travel, is not recommended. Travel outside of Humboldt County increases your risk of getting infected with the virus causing COVID-19, and spreading it to others after your return. Hosting and interacting with individuals, even family, from areas outside Humboldt County also increase risk for you and your community.

It is important to remember that many people with COVID-19 may have no symptoms of illness. The virus that causes COVID-19 can also travel farther than 6 feet and collects indoors and in enclosed spaces including planes, buses, trains, public transportation and other shared vehicles.

If you travel out of California: The California Department of Public Health (CDPH) recommends you **self-quarantine for 14 days upon returning to California**. People arriving in California from other states or countries should also self-quarantine for 14 days after their arrival.

This recommendation does not apply to people leaving or entering California for “essential travel,” including work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.

If you travel outside Humboldt but remain in California: Humboldt County Public Health strongly recommends that you **self-quarantine for 14 days after your return if your activities while traveling put you at higher risk of getting COVID-19**. These higher risk activities include:

- Spending time within 6 feet of people you do not normally live with, while you or anyone around you was not wearing a face mask – especially if you were indoors.
- Traveling on planes, buses, trains, public transportation, or other shared vehicles, if face masks were not worn at all times by both you and the other people in the vehicle, especially in situations without adequate air exchange or air flow.

This recommendation does not apply to people who regularly commute to work or school in Humboldt County from places outside of Humboldt. Essential workers should follow their employer’s policies regarding working after travel. All employees are encouraged to check with their employer for workplace-specific policies on return from travel.

Mental Health
phone: (707) 268-2990
fax: (707) 476-4049

Public Health
phone: (707) 445-6200
fax: (707) 445-6097

Social Services
phone: (707) 476-4700
fax: (707) 441-2096



If you are considering travel outside Humboldt County, plan ahead:

- Know how widespread COVID-19 is in the area you are planning to visit. For cases in the last 7 days by state, see https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days
- Check to see where you can be tested if you develop symptoms of COVID-19 during your trip. For a list of symptoms see <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- People at high risk of severe COVID-19 disease should be particularly careful about traveling outside of Humboldt County. Reconsider or adjust your travel plans if you are in one of these groups:
 - People who are older, smoke or are overweight
 - Pregnant women
 - People with certain medical conditions like diabetes, heart problems, COPD, cancer, weakened immune systems and sickle cell disease
 - Reconsider travel or adjust your travel plans if you will be traveling with someone who cannot wear a mask consistently, including children under 2 years who should not be wearing a mask.

DO NOT travel if you are sick. You could spread COVID-19.

If you have COVID-19 symptoms, get tested and wait for a negative test before you start your trip.

If you must travel, reduce your risk:

- Wear a face mask and stay 6 feet away from people you do not live with, including family
- Avoid spending time indoors with people you don't normally live with, including family members, to the extent possible. The risk of COVID-19 infection is much greater indoors than outdoors because the virus that causes COVID-19 can travel in the air and collect indoors and in enclosed spaces. If you must spend time indoors, choose a larger room that is well-ventilated or where windows and doors can be opened and wear a face mask at all times
- Try to limit the number of people you interact with. For example, if you are visiting family, avoid in person visits with their neighbors or friends
- Don't share vehicles with people you don't live with. If you must share a ride, try to ride with the same people each time, make sure everyone wears a mask, open windows and maximize outdoor air circulation as much as possible



- Avoid or limit holiday meals or gatherings with people you don't normally live with, including family members. Eating and drinking together is higher risk because people have their masks off, are more likely to touch their mouths while eating, often sit within 6 feet of each other and talk while eating, creating more respiratory droplets. If you do have a holiday gathering, it is safer for people in different households to eat outdoors at least 6 feet apart and wear masks when they are not eating or drinking.

If you are hosting visitors from outside Humboldt:

- Reconsider if they are coming from a part of the state or country with widespread COVID-19
- Ask them not to visit if they are sick
- Reconsider if you or anyone in your house is at higher risk of COVID-19, or if anyone in your home or among your visitors, including children, will not be able to wear facemasks consistently
- Take the steps above to lower the risk of infection during their stay
- Consider self-quarantining for 14 days after their stay if they spend time within 6 feet of you or shared a vehicle with you when everyone was not wearing a mask.

Anyone becoming ill with possible COVID-19 symptoms should contact their health care provider and isolate at home except to access health care. Other household members should continue their quarantine at home, while awaiting further direction from a health care provider. If a primary care provider is not available or more guidance is desired, please contact local Public Health or the COVID Community Information Line at 707-441-5000.

Both "isolation" and "quarantine" mean staying home except to access medical care. Quarantine is the term used for people who do not have symptoms but are at increased risk of developing an infection. Isolation is the term used when people have COVID-19 symptoms and either have been confirmed as a case or are awaiting testing.

If you have questions regarding these recommendations or if you are a returning traveler with COVID-19 concerns, please contact the COVID Community Information Line at 707-441-5000.

For more information on traveling during the COVID-19 pandemic, see:

- Centers for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- California Department of Public Health <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Humboldt Health Alert <https://humboldt.gov/2018/Humboldt-Health-Alert>

