COVID19: South Dakota Travelers Returning Home: What You Should Know?

SIGNS AND SYMPTOMS

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. Symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses) and include fever, cough, shortness of breath/difficulty breathing, chills, repeated shaking, muscle pain, headache, sore throat, or loss of taste or smell. Call your medical provider if you experience symptoms or become ill.

TRAVEL TIPS

If possible, delay your trip home to limit exposure and potential spread of the virus. If it isn’t possible to delay your trip home:

Air Travel
- **At the airport**
  - Bring alcohol wipes and wipe down anything you are going to touch.
  - Bring snacks – food vendor options may be limited.
  - Bring hand sanitizer – TSA is allowing liquid hand sanitizer up to 12 oz. in carry-on bags.
  - TSA is asking travelers to used enhanced precautions during airport screening. Put personal items such as wallets, phones and keys into carry-on bags instead of the plastic security bins.
  - Wash your hands before and after going through screening.

- **On the plane**
  - Wipe down the area where you are going to sit, including armrests and tray tables.
  - If anybody around you is sick, get off the plane.

Road Travel
- Use drive-through or delivery for food.
- Bring alcohol wipes and wipe down any areas you use during the trip.
- **If staying in a hotel overnight:**
  - Head straight to sink and wash your hands. Prior to entering your room, you have touched doorknobs, elevator buttons, etc.
  - Bring your own pillow.
  - Disinfect surfaces known to be the most touched – remote control, light switches, bedside lamp switches, alarm clock, phone, and bathroom sink.
  - Take the comforter off the bed – comforters may not be washed after every guest. If you get chilly, pack cozy pajamas or your own blanket.

ONCE AT HOME

- **Self-quarantine**
  - Stay at home for 14 days.
  - Avoid contact with other people, including family and friends.
  - Don’t share household items.

- **Self-monitor**
  - Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
  - Take your temperature every morning and night and write it down.
  - Call your health care provider if you have trouble breathing or a fever (100.4F/38C).
  - Don’t seek medical treatment without calling first.