

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, or shortness of breath. ***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 use 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.