

### BACKGROUND

To slow the spread of coronavirus disease 2019 (COVID-19) into Pennsylvania, the Department of Health (DOH) is working with local public health partners to implement after-travel health precautions. There are currently four countries that have a Level 3 Travel Health Notice. Additional countries may be added as the global situation continues to evolve. An updated list of countries can be found [here](#)

It is important to call **1-877-PA-HEALTH (1-877-724-3258)** before you go to a doctor's office or emergency room after coming back from traveling. If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, seek medical care; tell your doctor about your recent travel and your symptoms, avoid contact with others.

If you need medical care for other reasons, call ahead to **1-877-PA-HEALTH (1-877-724-3258)** and to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

### WHAT SHOULD COLLEGES AND UNIVERSITIES DO?

If a student, teacher or faculty member have returned from Iran or China:

1. The health department will be alerted by CDC and will contact the individual(s)
2. Stay home and self-isolate yourself for 14 days after travel

If a student, teacher or faculty member have returned from Italy or South Korea:

1. They need to call **1-877-PA-HEALTH (1-877-724-3258)** to let the health department know about their travel
2. Stay home and self-isolate yourself for 14 days after travel

Any travelers returning from Iran, China, Italy and South Korea should self-monitor for symptoms like fever, cough, or trouble breathing. If you become sick, call **1-877-PA-HEALTH (1-877-724-3258)** and the doctor's office or emergency room before visiting.

For information on how to self-monitor and practice social distancing, visit <https://www.health.pa.gov/topics/disease/Pages/Coronavirus%20Travelers.aspx>

### WHAT IF WE HAVE A STUDENT WHOSE HEALTH IS BEING MONITORED?

If a student becomes a patient under investigation, colleges and universities should continue to follow usual procedures for notification of an infectious disease case at the school. Colleges and universities should also work with their local health department regarding notification.

### PREVENTIVE MEASURES

The department encourages schools to increase education on ways to protect yourself from illnesses such as the cold, flu and also the coronavirus:

- **Wash** hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- **Cover** any coughs or sneezes with your elbow, do not use your hands!
- **Clean** surfaces frequently, such as countertops, light switches, cell phones and other frequently touched areas.
- **Contain**- if you are sick, stay home until you are feeling better.

### RESOURCES FOR MORE INFORMATION

For more information, visit <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

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