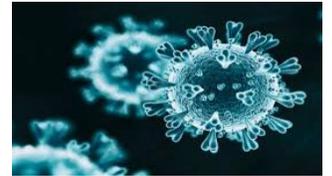


# COVID-19 Protocols



## Travel Advisory

**What is the Travel Advisory?** Connecticut residents have crushed the curve and slowed the spread of COVID-19. Now it's time to hold the line! To help slow spread from other areas in the US, state officials encourage people to avoid travel into Connecticut from states with high rates of COVID-19. According to Governor Lamont's Executive Order 7III, anyone entering Connecticut from one of these states must complete a travel health form and quarantine for 14 days. This applies to all forms of travel (flying, driving, riding the train or bus) and includes CT residents returning home from travel to one of these states. <https://portal.ct.gov/Coronavirus/Travel>

**I am an Essential Worker. Do I still have to quarantine?** State guidance provides an exemption for essential workers traveling from impacted states to Connecticut **when travel is work-related**. If travel is for vacation or personal reasons, workers should still quarantine.

**Can I get tested instead?** Quarantine is the best option to prevent spread of disease and keep our state safe. The state allows a testing option **if quarantine is not possible**. However, state guidance recommends this option be reserved for rare cases, such as attending a funeral. The desire/need to return to work or school is not considered "unable to quarantine." Tests only provide a snapshot in time. Travelers could be infected or develop increased viral load between their test date and arrival in Connecticut.

**Which states are on the list?** The list of impacted states will be updated on a regular basis as the situation develops across the country. Visit the CT Travel Advisory page for an updated list. When planning travel, be advised that the list is always changing, and you may be subject to quarantine if a state on your travel itinerary is added to the list while you are traveling. For the most up to date list of states please visit <https://portal.ct.gov/Coronavirus/Travel>

**What else should I know?** If you are just passing through a high-risk state (on a layover or driving through), you do not need to quarantine. If someone arrives from a high-risk state and is staying in your home, the traveler must quarantine, but other people in your household do not need to, unless the traveler develops symptoms.

This state advisory applies to travel within the US. The CDC also recommends a 14-day quarantine when returning from international travel or cruises. If you want to report any violations of the self-quarantine order, call 211 or email [covid19.dph@ct.gov](mailto:covid19.dph@ct.gov).

Please contact FVHD if you have any additional questions: 860 352 2333 or go to our website [www.fvhd.org](http://www.fvhd.org)

# Thank you to the Norwalk Health Department for the use of this travel fact sheet