



May 20, 2020

Dear Providers,

For any who may want to travel this long weekend, or in the near future, please click the ‘travel-in-the-us’ link below and read through its contents. The State Health Department instructs that ***‘quarantine is only required when returning from places that have a particularly high incidence of the virus’***. They generally define surrounding states as NOT high risk. Please review the “us-map” link below for identification of areas deemed high risk. This map shows *density* of COVID cases per 100k of population.

“High risk” is also defined in what you do as much as where you go. Low risk would be driving to a camping trip or other similar isolated spot with your family. High risk would be traveling in crowded conditions to a crowded place and interacting in non-socially distant settings. In most situations you can control your exposure and social distancing. In others you can’t. That would define low/medium/high risk.

- Return from low-risk travel and/or activity – standard symptoms and temp check, along with mask protection, just as is currently being done daily.
- Return from high-risk travel and/or activity – initial rapid test and, if COVID-negative, heightened symptoms awareness and multi-daily temp checks and mask wearing along with interval rapid tests for a period of time.
- Return from moderate-risk travel and/or activity – error on side of caution depending on nature of travel/activity.

Please just consider your profession and the need to care for your patients. Practice socially responsible interactions and hygiene. Stay safe out there.

Admin/Dr. Smith

**<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>**  
**<https://coronavirus.jhu.edu/us-map>**