

# PUBLIC HEALTH CONNECTION



## COVID-19 and Travel

### Current Travel Recommendations

As reported by the CDC, travel plans should continue to be delayed for the time being. Staying home is the best way to protect yourself and others from COVID-19. Travel increases your chances of getting and spreading the virus. If you must travel, make sure to ask yourself, your loved ones, and those you are visiting if someone in the household is at increased risk of getting very sick from COVID-19. If you get infected, you can spread the virus to loved ones during travel or when you return home, even if you don't have symptoms. If you are traveling with people who don't live with you, you are increasing your risk of getting COVID-19.

### Travel Requirements

If you do travel, know that all air passengers coming into the United States, including U.S. citizens are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they board a flight to the United States. Masks are required on planes, buses, trains, and other forms of public transportation traveling into, inside, or out of the United States and in airports and stations. You can get a viral test 1-3 days before traveling and keep a copy of your test results with you during travel in case you are asked for them. Do not travel if you were exposed to COVID-19 or you are sick, or you have tested positive for COVID-19. Don't travel with someone who is sick. Get tested again with a viral test 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. You can check your destination's travel restrictions before you leave on the CDC Coronavirus Website.



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County —  
A safe and healthy  
community.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Via WebEx, 12:00 PM, Thursday, March 18, 2021.*

## Links

- [CDC COVID Travel Recommendations](#)
- [Travel Guidance within the U.S.](#)

# Don't Put Off Going to Doctor

### Keep important appointments

While staying home as much as possible helps us stay healthy during the Covid-19 pandemic, it is also important to keep up with routine health care appointments. During 2020, Scott County saw a 30 percent decrease in the number of children tested for lead poisoning. Has your young child been tested for lead poisoning? <https://www.scottcountyiowa.gov/health/childhood-lead-poisoning-prevention>

Don't skip shots. Are your family members up-to-date with vaccinations? It is important for adults as well as children to follow the recommended schedules: <https://www.scottcountyiowa.gov/health/immunization/recommended-schedules>

When was your last visit to your dentist? Routine dental care is important to overall health. <https://www.scottcountyiowa.gov/health/oral-health>

### Remember the Simple Things

Wash your hands, stay home and call a doctor if you are sick. Avoid crowds, wear a mask.



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