

# COVID-19 News

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**FOR IMMEDIATE RELEASE**

## **DuPage County Health Department Supports Safe Travel Recommendations**

**DUPAGE COUNTY**—Today, the DuPage County Health Department (DCHD) announced its support for the Centers for Disease Control and Prevention’s (CDC) recently updated guidance to provide additional measures to be taken to reduce the risk of spreading the COVID-19 virus following domestic travel.

Although the DuPage County Health Department is not issuing a Emergency Order, as was done on Monday, July 6, 2020 by the Chicago Department of Public Health, the recommendations are critical in assuring that our community members continue to reduce the risk of spreading the risk.

“There is a new way to travel, visit loved ones and return to our communities, and we are all responsible to do so in a safe and mindful way,” said Karen Ayala, DuPage County Health Department Executive Director.

According to the CDC guidelines, “Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if COVID-19 is spreading in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are [more likely to get very ill from COVID-19](#). People at higher risk for severe illness need to take [extra precautions](#).” (See [www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html).)

However, if you do travel, DCHD reminds you to maintain public health measures demonstrated to reduce individual risk: (1) Wear a mask anytime you are in public and when around people who don’t live in your household; (2) Wash your hands and/or use hand sanitizer frequently; and (3) Watch your distance in order to maintain at least 6 feet from others as much as possible.

Upon returning from your travel, particularly in areas with widespread transmission, individuals are encouraged to self-quarantine for 14 days and monitor your health daily. People with COVID-19 have had a wide range of symptoms, from mild to severe illness, which may appear 2-14 days after exposure to the virus. Contact your healthcare provider for any health-related concerns or questions.

The Centers for Disease Control and Prevention (CDC) offers travel information during COVID-19, including:

- Domestic and international travel: [www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html#Domestic-Travel](http://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html#Domestic-Travel)

**-More-**

- How to protect yourself when using public transit, rideshares and taxis, micro-mobility devices, and personal vehicles: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html)

COVID-19 testing is available at the DuPage County Complex in Wheaton. For more information, please visit: [www.dupagehealth.org/covid19testing](http://www.dupagehealth.org/covid19testing). To view detailed information on COVID-19 cases and deaths among DuPage County residents, visit the DuPage County COVID-19 Dashboard at [www.dupagehealth.org/covid19data](http://www.dupagehealth.org/covid19data).

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