



## What should I do if I travel to a hot-zone state?

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(Last updated 9/22/20)

Beginning July 6, 2020 Chicago residents were ordered by the City of Chicago Mayor Lori Lightfoot to self-quarantine for 14 days upon returning from specific states.

Beginning July 7, 2020 DuPage County residents were advised by the DuPage County Health Department to also self-quarantine for 14 days upon returning from states experiencing increases in COVID-19 transmission. At this point in time, Governor Pritzker has no intention of making this situation a state-wide order.

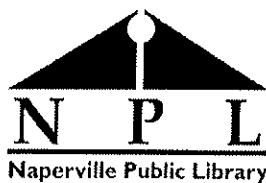
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We will continue to monitor weekly any changes to the list of states and the requirements in DuPage County, Will County, and Illinois. We do not take lightly the implementation of any process we put into place for safety in these on-going and changing times. As an organization, we are fully committed to providing the safest environment for all: you as an individual, your co-workers and our customers.

Here is the current list of **18** states and Puerto Rico that NPL defines as hot-zone states (we are using the same definition as Chicago):

- Alabama
- Arkansas
- Georgia
- Iowa
- Kansas
- Kentucky
- Louisiana
- Mississippi
- Missouri
- Nebraska
- North Dakota
- Oklahoma
- South Carolina
- South Dakota
- Tennessee
- Utah



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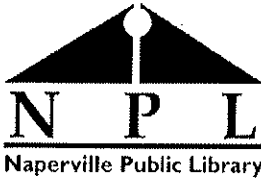
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Here is the current list of **22** states and Puerto Rico that NPL defines as hot-zone states (we are using the same definition as Chicago):

- Alabama
- Arkansas
- Georgia
- Idaho
- Iowa
- Kansas
- Kentucky
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- North Dakota
- Oklahoma
- Puerto Rico
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Wisconsin
- Wyoming



## What should I do if I travel to a hot-zone state?

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- Alabama
- Alaska
- Arkansas
- Idaho
- Iowa
- Indiana
- Kansas
- Kentucky
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Mexico
- North Carolina
- North Dakota
- Oklahoma
- Puerto Rico
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Utah
- Wisconsin
- Wyoming



## What should I do if I travel to a hot-zone Internationally?

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(Last updated 10/14/2020)

### INTERNATIONAL TRAVEL GUIDELINES

The COVID-19 pandemic continues to affect countries differently. Staff who wish to travel abroad should review the guidelines established with the CDC COVID-19 Travel Notice Recommendations by Destination, the U.S. Department of State Bureau of Consular Affairs and the US Embassy pertaining to entry and exit requirements.

All staff who travel to a high-risk area as defined by the CDC COVID-19 Travel Health Notice, must self-quarantine for 14 days upon return and receive a COVID-19 test. This public health decision was made to minimize the risk of spreading COVID-19. This two-week leave will be allocated as paid time off, unpaid leave, telework, or a combination thereof (working with your supervisor to determine specifics), unless the staff member is a Chicago resident who obtains and provides a doctor's note requiring the 14-day quarantine. To minimize staffing shortages, departmental supervisors will coordinate vacation requests based on the number of staff who will need to self-quarantine for 14 days upon their return.

**Exception:** If you travel through a country or visit for less than 24 hours, you do not need to quarantine. This is consistent with Chicago's guidelines.

Staff should check with their supervisor and or Human Resources prior to making international plans to ensure that travel destination does not restrict entry, although subject to change. Challenges to any international travel at this time may include mandatory quarantines, travel restrictions, and closed borders. Foreign governments may implement restrictions with little notice, even in destinations that were previously low risk. If you choose to travel internationally, your trip may be severely disrupted, and it may be difficult to arrange travel back to the United States.

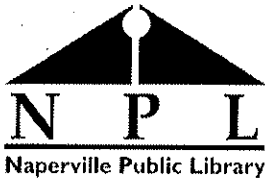
#### International links for travel

Center for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

US Department of State – Bureau of Consular Affairs

<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>



## What should I do if I travel to a high-risk area internationally?

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(Notice: 10/20/2020)

The COVID-19 pandemic continues to affect countries differently. Staff who wish to travel abroad should review the guidelines established with the CDC COVID-19 Travel Notice Recommendations by Destination, the U.S. Department of State Bureau of Consular Affairs and the US Embassy pertaining to entry and exit requirements.

Staff who wish to travel abroad should be aware that challenges with international travel may include mandatory quarantines, travel restrictions and closed borders. Foreign governments may implement restrictions with little notice, even in destinations that were previously low risk.

All staff who travel to a high-risk area as defined by the CDC COVID-19 Travel Health Notice must self-quarantine for 14 days upon return and receive a COVID-19 test. This public health decision was made to minimize the risk of spreading COVID-19. This two-week leave will be allocated as paid time off, unpaid leave, telework, or a combination thereof (working with your supervisor to determine specifics), unless the staff member is a Chicago resident who obtains and provides a doctor's note requiring the 14-day quarantine. To minimize staffing shortages, departmental supervisors will coordinate vacation requests based on the number of staff who will need to self-quarantine for 14 days upon their return.

**Exception:** If you travel through a country or visit for less than 24 hours, you do not need to quarantine. This is consistent with guidelines established with the City of Chicago.

Staff interested in traveling abroad should research the countries travel requirements prior to making plans and are encouraged to view the links below.

[Center for Disease Control and Prevention](#)

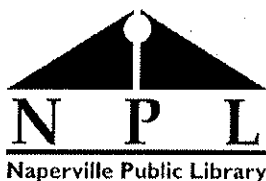
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

[US Department of State – Bureau of Consular Affairs](#)

<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>

[Illinois Department of Public Health](#)

<https://www.dph.illinois.gov/covid19/travel-safety-guidance>



## What should I do if I travel to a hot-zone state?

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(Last updated 10/27/20)

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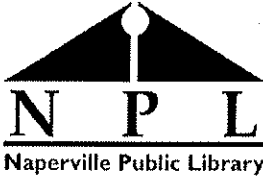
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- Alabama
- Alaska
- Arkansas
- Colorado
- Delaware
- Florida
- Idaho
- Indiana
- Iowa
- Kansas
- Kentucky
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Mexico
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Puerto Rico
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- West Virginia
- Wisconsin
- Wyoming



## What should I do if I travel to a hot-zone state?

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(Last updated 11/10/2020)

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Effective November 13, 2020, the Emergency Travel Order has been modified to reflect three categories red, orange, and yellow. In response to the increased high rates of COVID transmission in the US, all states except for the states listed below will require a 14-day quarantine.

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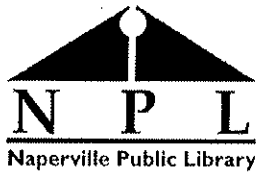
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### Exception/ states that do not require a 14-day quarantine

- New York
- California
- New Hampshire
- District of Columbia
- Maine
- Hawaii
- Vermont



## What should I do if I travel to a hot-zone state?

**(Last updated 11/17/2020)**

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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii
- Maine
- Vermont





## What should I do if I travel to a hot-zone state?

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(Last updated 11/25/2020)

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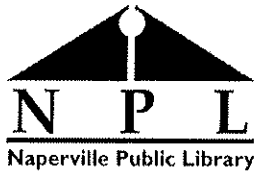
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### Exception/ states that do not require a 14-day quarantine

- Hawaii
- Maine
- Vermont



## **What should I do if I travel to a hot-zone state?**

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**(Last updated 12/1/2020)**

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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii
- Maine
- Vermont



## **What should I do if I travel to a hot-zone state?**

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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii
- Maine
- Vermont



## **What should I do if I travel to a hot-zone state?**

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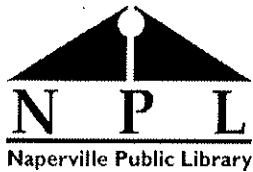
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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii



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**(Last updated 12/29/2020)**

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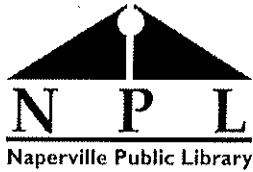
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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii
- Vermont



## **COVID-19 Travel and Quarantine Guidelines**

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*(Last updated 1/13/2021)*

The City of Chicago recently updated their travel guidelines to reflect a tier two system, scheduled to go into effect on Friday, January 15, 2021. You may also notice recent changes to the U.S. Centers for Disease Control and Prevention (CDC) which involve lowering their quarantine guidelines. These changes were put in place to allow the public with an alternative protocol for quarantining; however, the agency still recommends travelers who visit high risk areas and those who are exposed to someone who tests positive, to quarantine for 14 days.

NPL has adopted quarantine and travel guidelines to ensure the safest option for staff. Staff members who travel to high risk areas and who are exposed to someone who test positive are required to quarantine for 14 days.

### **Frequently Asked Questions**

**Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 7 days and 10 days?**

- In December, CDC established that although they recommend a quarantine for 14 days, an alternative was provided to reduce the burden and increase community compliance. Shortening the quarantine was done to increase the public's willingness to adhere to the public health recommendations. The CDC acknowledges that shortening the quarantine period comes with an increased risk factor for transmitting COVID-19.

**Why did the CDC change from a tier three system to a tier two system?**

- The City of Chicago changed their travel guidelines from a tier three system to a tier two system (red, orange, yellow to orange, yellow), to simplify their guidelines. All states marked orange are considered high risk. There are no travel or quarantine restrictions for yellow states. Effective January 12, 2021, all states, except Hawaii are considered high risk.

**What is the CDC's position on domestic and international travel?**

- The CDC recommends avoiding all non-essential travel.

**How long should someone quarantine when exposed to someone who has COVID-19?**

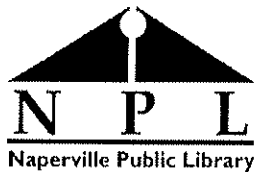
- According the Center for Disease Control, it can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result prior to the end of a quarantine does not rule out possible infection. By self -quarantining for 14 days, it lowers the chance of possible exposure.

**What should I do if I have been exposed to someone who has COVID-19 or believe someone I have been around has COVID?**

- Notify your immediate supervisor or Human Resources, if unavailable, and quarantine. Your supervisor and Human Resources will guide you through the quarantine process.

**What can staff do to reduce my chances of getting or spreading COVID 19?**

- Continue to follow the safety protocols which include wearing a mask, ensure proper fit, use hand sanitizer, wipe down work stations before and at the end of your shift, exercise proper hand-washing procedures, maintain social distance guidelines of at least 6 feet, refrain from large gatherings, reduce your inner circle to limit the spread and eliminate all non-essential travel.



## **COVID-19 Travel and Quarantine Guidelines**

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*(Last updated 1/20/2021)*

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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii



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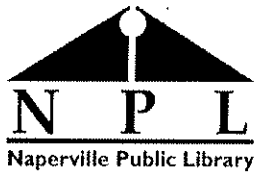
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## COVID-19 Travel and Quarantine Guidelines

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## Resources for COVID-19 Vaccine in Illinois

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January 28, 2021

With both Illinois and Chicago now opening vaccinations to millions of residents under Phase 1B guidelines, many are wondering where they can get vaccinated and how they schedule an appointment. Phase 1B opens up vaccinations to people age 65 years and older as well as "frontline essential workers," which includes first responders, education workers like teachers and support staff, childcare workers, grocery store employees, postal service workers and more.

There are several ways in which residents may get vaccinated such as through their physician or health care providers, pharmacies, and vaccination clinics. State officials, however, have urged patience as the new phase opens; there are still limitations on the amount of vaccinations available which may delay when residents can get vaccinated. Furthermore, it is important to note that counties are responsible for defining each phase for their populations, so check with your physician or local health department to determine when you will be eligible for the vaccine.

Here are some helpful sites for getting registered for the COVID-19 vaccine in Illinois.

Cook: <https://vaccine.cookcountyil.gov/>

City of Chicago: <https://covidcoach.chicago.gov/>

DuPage: <https://dupagehealth.jotform.com/200694254415049>

Lake: [https://allvax.lakecohealth.org/s/?language=en\\_US](https://allvax.lakecohealth.org/s/?language=en_US)

Kane: <https://redcap.dph.illinois.gov/surveys/?s=X4METTTHEK>

Grundy: <https://www.grundyco.org/health/covid-19-vaccine-group-1b-survey/>

Kendall: <http://www.kendallhealth.org/community-health/covid-19-vaccine/>

McHenry: <https://www.mchenrycountyil.gov/county-government/departments-a-i/health-department/covid-19-novel-coronavirus/vaccine>

Will: <https://survey123.arcgis.com/share/14f1fac7773945a0a8cf99a96b3d804e?portalUrl=https://gis.willcountyillinois.com/portal>

Illinois (vaccination locations): <https://coronavirus.illinois.gov/s/vaccination-location>

Walgreens: <https://www.walgreens.com/findcare/vaccination/covid-19>

Jewel-Osco: <https://www.mhealthappointments.com/covidappt>

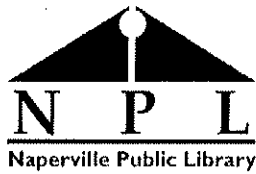
Walmart: <https://www.walmart.com/cp/1228302>

While considering options for getting vaccinated, staff is urged to continue following NPL's safety protocols such as social distancing at least 6 feet apart, wearing a mask, using hand sanitizer and wiping down workstations before and at the end of your shift.

# Vaccine Prioritization

Updated  
1/11/2021

Limited Supply			Increased Supply	
Healthcare workers & long-term care facility residents/staff	Essential frontline workers & adults 65+	Adults with high-risk medical conditions	All other adults not included in Phase 1	Young adults, children (if pediatric vaccine is available) & workers in occupations important to the functioning of society & at increased risk of exposure, not included in Phase 1 or 2
Phase 1a	Phase 1b	Phase 1c	Phase 2	Phase 3
<p><b>Healthcare Personnel:</b> Healthcare personnel are defined as paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or infectious materials</p> <p><b>Long Term Care Facility Residents:</b> Defined as adults who reside in facilities that provide a variety of services, including medical and personal care, to persons who are unable to live independently</p> <p><b>Other Congregate Care:</b> Developmental disability, mental illness community integrated living, residential substance</p>	<p><b>Essential Frontline Workers:</b> Defined as workers who are essential for the functioning of society. Includes police, firefighters (including volunteer firefighters), national guard acting in the capacity as a first responder, education sector, food &amp; agriculture (E.g. meat processing plant), utilities, corrections officers, transportation, and more</p> <p><b>Adults 65+</b></p> <p><b>Shelters/Adult Day Care:</b> Includes adult day programs, homeless shelters, etc.</p> <p><b>Inmates</b></p>	<p>Phase 1c is pending ACIP recommendations, possible group could include:</p> <ul style="list-style-type: none"> <li>Adults with high-risk medical conditions (obesity, diabetes, COPD, heart conditions, chronic kidney conditions, cancer, solid organ transplant, Sickle Cell Disease, etc)</li> <li>Other essential workers</li> </ul>	<p>Phase 2 is pending ACIP recommendations, possible group could include:</p> <ul style="list-style-type: none"> <li>Workers in industries and occupations important to the functioning of society. Could include: Workers in restaurants, hotels, entertainment industry, banks, libraries, hair &amp; nail salons, barber shops, exercise facilities, factories or other goods producing facilities</li> <li>People with moderate comorbid conditions</li> </ul>	<p>Phase 3 is pending ACIP recommendations, possible group could include:</p> <ul style="list-style-type: none"> <li>Young adults (ages 18-30)</li> <li>Children (17 and younger) if pediatric vaccine available</li> </ul>



## **COVID-19 Travel and Quarantine Guidelines**

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### **Exception/ states that do not require a 14-day quarantine**

- Hawaii

## **Frequently Asked Questions**

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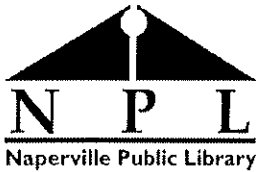
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- North Dakota
- Hawaii
- Alaska



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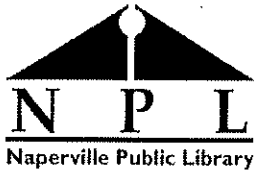
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### **Exception/ states and territories that do not require a 14-day quarantine**

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- Indiana
- Minnesota
- Mississippi
- Texas
- Idaho
- Louisiana
- Nebraska
- North Dakota
- Maryland
- Wisconsin
- Nevada
- Arkansas
- Washington
- Michigan
- Maine
- Missouri
- Oregon
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Next update March 9, 2021

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This order applies to returning Chicago residents and out-of-state visitors arriving in Chicago. Learn more about COVID-19 testing.

- Vaccinated persons (returning travelers who live or work in Chicago, or visitors to Chicago) who travel domestically are not required to quarantine if they are: asymptomatic; and
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It is recommended that you bring a copy of your COVID-19 vaccination records while traveling. Furthermore, all staff who are fully vaccinated, who wish to travel without quarantining, must verify they have been fully vaccinated. **Exception:** If you travel through a state or visit a state for less than 24 hours, you do not need to quarantine.

This 10-day leave will be allocated as paid time off, unpaid leave, telework, or a combination thereof (working with your supervisor to determine specifics), unless the staff member is a Chicago resident who obtains and provides a doctor's note requiring the 10-day quarantine. To minimize staffing shortages, departmental supervisors will coordinate vacation requests based on the number of staff who will need to self-quarantine for 10 days upon their return.

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### Exception/ states and territories that do not require a 10-day quarantine (through 3/9/2021)

- District of Columbia
- Indiana
- Minnesota
- Mississippi
- Texas
- Idaho
- Louisiana
- Nebraska
- North Dakota
- Maryland
- Wisconsin
- Nevada
- Arkansas
- Washington
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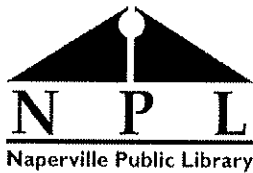
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### Exception/ states and territories that do not require a 10-day quarantine (effective through 3/23/2021)

- |                 |              |                |
|-----------------|--------------|----------------|
| • Michigan      | • Maryland   | • North Dakota |
| • Iowa          | • Maine      | • Wisconsin    |
| • Idaho         | • New Mexico | • Washington   |
| • Oklahoma      | • Indiana    | • California   |
| • Minnesota     | • Arkansas   | • Wyoming      |
| • Ohio          | • Louisiana  | • Missouri     |
| • Mississippi   | • Nevada     | • Oregon       |
| • Montana       | • Kansas     | • Puerto Rico  |
| • West Virginia |              | • Hawaii       |



## Frequently Asked Questions

### **Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 10 days?**

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### **Why did the CDC change from a tier three system to a tier two system?**

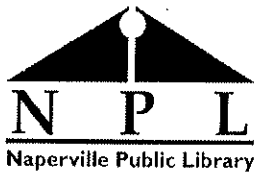
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### **What is the CDC's position on domestic and international travel?**

The CDC recommends avoiding all non-essential travel.

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## COVID-19 Travel and Quarantine Guidelines

Last updated 3/23/2021

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### Exception/ states and territories that do not require a 10-day quarantine:

Effective through 4/06/2021

- Iowa
- Minnesota
- Ohio
- Mississippi
- New Mexico
- Indiana
- Arkansas
- Louisiana
- Nevada
- Kansas
- North Dakota
- Wisconsin
- Washington
- California
- Wyoming
- Missouri
- Oregon
- Puerto Rico
- Hawaii
- Utah
- Arizona
- Texas
- Nebraska
- District of Columbia
- Kentucky

## Frequently Asked Questions

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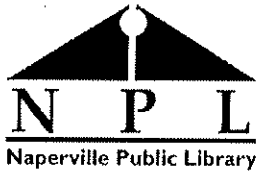
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Last updated 4/06/2021

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### Exception/ states and territories that do not require a 10-day quarantine:

Effective through 4/20/2021

- |               |               |                  |
|---------------|---------------|------------------|
| • Oklahoma    | • Washington  | • Arizona        |
| • Mississippi | • California  | • Texas          |
| • New Mexico  | • Wyoming     | • Kentucky       |
| • Indiana     | • Missouri    | • Idaho          |
| • Arkansas    | • Oregon      | • Montana        |
| • Louisiana   | • Puerto Rico | • Alabama        |
| • Nevada      | • Hawaii      | • Georgia        |
| • Kansas      | • Utah        | • South Carolina |
| • Wisconsin   |               | • North Carolina |

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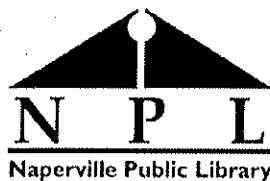
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## COVID-19 Travel and Quarantine Guidelines

Last updated 4/20/2021

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### Exception/ states and territories that do not require a 10-day quarantine:

Effective through 5/4/2021

- Oklahoma
- Mississippi
- New Mexico
- Indiana
- Arkansas
- Louisiana
- Nevada
- Kansas
- Wisconsin
- California
- Wyoming
- Missouri
- Hawaii
- Utah
- Arizona
- Texas
- Kentucky
- Idaho
- Montana
- Alabama
- Georgia
- Tennessee
- Iowa

## **Frequently Asked Questions**

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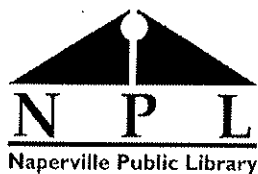
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## COVID-19 Travel and Quarantine Guidelines

Last updated 5/6/2021

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### Exception/ states and territories that do not require a 10-day quarantine:

Effective through 5/18/2021

- Oklahoma
- Mississippi
- New Mexico
- Arkansas
- Louisiana
- Nevada
- Kansas
- Wisconsin
- California
- Wyoming
- Missouri
- Hawaii
- Utah
- Arizona
- Texas
- Kentucky
- Idaho
- Montana
- Alabama
- Georgia
- Tennessee
- South Dakota
- Maryland
- Nebraska
- Ohio
- South Carolina
- Virginia
- Vermont
- Alaska
- Connecticut
- District of Columbia
- Iowa



## **Frequently Asked Questions**

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### **What are the exceptions?**

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## COVID-19 Travel and Quarantine Guidelines

Last updated 5/28/2021

Beginning July 6, 2020, Chicago residents were ordered by the City of Chicago Mayor Lori Lightfoot to self-quarantine for 14 days upon returning from specific states. The City of Chicago recently updated their travel guidelines to reflect a tier two system, scheduled to go into effect on Friday, January 15, 2021.

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### States and territories that require a 10-day quarantine:

Unless fully vaccinated and are not exhibiting symptoms

- Colorado
- Michigan
- West Virginia
- Maine
- Florida
- Minnesota
- Washington

## Frequently Asked Questions

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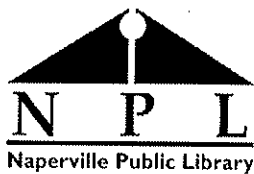
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## COVID-19 Travel and Quarantine Guidelines

Last updated 6/01/2021

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**States and territories that require a 10-day quarantine:** (None)

Effective until June 15, 2021

## Frequently Asked Questions

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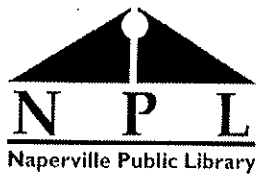
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## COVID-19 Travel and Quarantine Guidelines

Last updated 7/13/2021

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**States and territories that require a 10-day quarantine:** Missouri and Arkansas

*Effective until July 27, 2021*

## Frequently Asked Questions

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### **What are COVID-19 guidelines for individuals who have been fully vaccinated?**

You should still watch out for symptoms of COVID-19, especially if you have been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others. People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

### **What are COVID-19 guidelines for individuals who have not been vaccinated?**

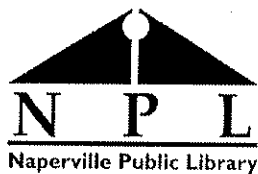
Individuals who have not been fully vaccinated must continue to follow the CDC guidelines which include wearing a mask. If you experience symptoms of COVID-19, especially if you have been around someone who is sick, you will need to quarantine. Individuals should seek medical advice, get tested and quarantine.

### **How long should an unvaccinated person quarantine when exposed to someone who has COVID-19?**

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### **Traveling to high-risk areas. What are the exceptions?**

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## COVID-19 Travel and Quarantine Guidelines

**Last updated 7/23/2021**

Beginning July 6, 2020, Chicago residents were ordered by the City of Chicago Mayor Lori Lightfoot to self-quarantine for 14 days upon returning from specific states. The City of Chicago recently updated their travel guidelines to reflect a tier two system, scheduled to go into effect on Friday, January 15, 2021.

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This order applies to returning Chicago residents and out-of-state visitors arriving in Chicago.

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- Fully vaccinated (i.e., are  $\geq 2$  weeks following receipt of the second dose in a two-dose COVID-19 vaccine series or  $\geq 2$  weeks following receipt of 1 dose of a single-dose COVID-19 vaccine).
- Adhere to masking rules: Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
- It is recommended that you bring a copy of your COVID-19 vaccination records while traveling.

**Exception:** If traveling through a state or visiting a state for less than 24 hours, you do not need to quarantine.

This 10-day leave will be allocated as paid time off, unpaid leave, telework, or a combination thereof (working with your supervisor to determine specifics), unless the staff member is a Chicago resident who obtains and provides a doctor's note requiring the 10-day quarantine. To minimize staffing shortages, departmental supervisors will coordinate vacation requests based on the number of staff who will need to self-quarantine for 10 days upon their return.

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**States and territories that require a 10-day quarantine:** *Effective until August 3, 2021*

Arkansas, Missouri, Florida, Louisiana, Nevada, and the U.S. Virgin Islands



## Frequently Asked Questions

### **Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 10 days?**

In December, CDC established that although they recommend a quarantine for 14 days, an alternative was provided to reduce the burden and increase community compliance. Shortening the quarantine was done to increase the public's willingness to adhere to the public health recommendations. The CDC acknowledges that shortening the quarantine period comes with an increased risk factor for transmitting COVID-19.

### **What are COVID-19 guidelines for individuals who have been fully vaccinated?**

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## COVID-19 Travel and Quarantine Guidelines

**Last updated 8/3/2021**

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- It is recommended that you bring a copy of your COVID-19 vaccination records while traveling.

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**States and territories that require a 10-day quarantine:** Effective until August 17, 2021

Alabama, Alaska, Arizona, Arkansas, Florida, Georgia, Hawaii, Kansas, Kentucky, Louisiana, Mississippi, Missouri, Nevada, Oklahoma, South Carolina, Tennessee, Texas, Utah, Wyoming, Puerto Rico, and the Virgin Islands

## Frequently Asked Questions

### **Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 10 days?**

In December, CDC established that although they recommend a quarantine for 14 days, an alternative was provided to reduce the burden and increase community compliance. Shortening the quarantine was done to increase the public's willingness to adhere to the public health recommendations. The CDC acknowledges that shortening the quarantine period comes with an increased risk factor for transmitting COVID-19.

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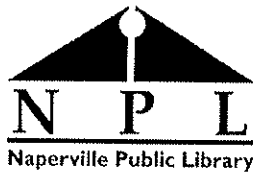
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## COVID-19 Travel and Quarantine Guidelines

Last updated 9/14/2021

Beginning July 6, 2020, Chicago residents were ordered by the City of Chicago Mayor Lori Lightfoot to self-quarantine for 14 days upon returning from specific states. The City of Chicago recently updated their travel guidelines to reflect a tier two system, scheduled to go into effect on Friday, January 15, 2021.

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**States and territories that require a 10-day quarantine:** Effective until September 28, 2021

All States/territories, except for Connecticut and the District of Columbia, must quarantine.

## Frequently Asked Questions

### **Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 10 days?**

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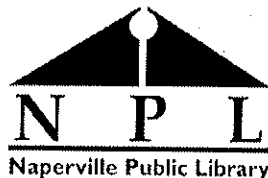
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## COVID-19 Travel and Quarantine Guidelines

*Effective 10/19/2021*

Beginning July 6, 2020, Chicago residents were ordered by the City of Chicago Mayor Lori Lightfoot to self-quarantine for 14 days upon returning from specific states. The City of Chicago recently updated their travel guidelines to reflect a tier two system, scheduled to go into effect on Friday, January 15, 2021.

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This order applies to returning Chicago residents and out-of-state visitors arriving in Chicago.

### Before travelling:

- Unvaccinated individuals traveling to high-risk ("orange") states/territories should get tested 1-3 days prior to departure.

### While traveling:

- All individuals regardless of vaccination status should wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations.
- In Chicago, wear a mask in all indoor public settings, regardless of vaccination status.
- Avoid crowds as much as you can and wash your hands often or use hand sanitizer (with at least 60% alcohol).
- It is recommended that you bring a copy of your COVID-19 vaccination records while traveling.
- All travelers are advised after travel to monitor themselves for COVID-19 symptoms and isolate and get tested if they develop symptoms.

### After travelling:

Unvaccinated individuals returning from high-risk (orange) states/territories should:

- Get tested with a viral test 3-5 days after travel, stay home and self-quarantine.
- Stay home and self-quarantine for 10 days after travel.
- If your test is positive, isolate yourself to protect others from getting infected (14 days).

Vaccinated individuals returning from high-risk (orange) states/ territories should:

- Vaccinated persons (returning travelers who live or work in Chicago, or visitors to Chicago) who travel domestically are not required to quarantine if they are: asymptomatic; and
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### **States and territories that require a 10-day quarantine:**

All States/territories except for  
California, Connecticut, District of Columbia, Florida, Hawaii, and Puerto Rico.

## **Frequently Asked Questions**

### **Why did the CDC and City of Chicago reduce the quarantine and travel guidelines from 14 days to 10 days?**

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## COVID-19 Travel and Quarantine Guidelines

### **Effective 11/2/2021**

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