

FOR IMMEDIATE RELEASE

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MOUNT ROGERS HEALTH DISTRICT ENCOURAGES SAFE TRAVEL, COVID-19 PRECAUTIONS

(MARION, Virginia) – Mount Rogers Health District has seen an increase in COVID-19 cases associated with travel and vacations, and encourages everyone who plans to travel to take precautions.

“While there is not a formal quarantine for travelers at this time, when you return from travel, you are at increased risk of getting sick. To protect your community, we ask that upon your return you self-monitor for 14 days – take your temperature, be aware of symptoms, and stay home if you feel sick,” said Karen Shelton MD, director of the Mount Rogers Health District. “If you must go out locally or return to work during this 14 day period, please protect your coworkers and community by wearing a mask, washing hands, and socially distancing.”

Symptoms to watch for include fever, chills, cough, wheezing, shortness of breath, difficulty breathing, fatigue, muscle aches, body aches, runny nose, abdominal pain, nausea, vomiting, diarrhea, congestion, headache, and loss of taste or smell.

“I know that many of you are weary of restrictions on normal life, and are ready to be done with COVID-19. Unfortunately, COVID-19 is not done with us. We continue to see new cases across the region, the state, and the country,” said Shelton. “At your local health department, we are working hard to protect you. Our staff are working seven days a week to do case investigation and contact tracing, ensuring that those who have been exposed to COVID-19 quarantine and prevent infecting others if they become sick. The health department can't fix this crisis on our own - we need your help and cooperation. Thank you for the sacrifices and efforts you are all making to keep each other safe.”

Additional information for travelers can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>.

For more information, visit www.vdh.virginia.gov/coronavirus and www.cdc.gov/coronavirus.

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