



Travel Guidance for COVID-19 Positive Patients

Options for Isolation of a person infected with the virus that causes COVID-19:

If clinically stable and no severe disease, you may return to your home by personal vehicle, preferably accompanied by a household member to do the driving.

- When transporting a known confirmed positive passenger, it is recommended that drivers wear an N95 respirator or a facemask (if a respirator is not available) and eye protection such as a face shield or goggles (as long as they do not create a driving hazard), and the passenger should wear a facemask or cloth face covering.
- Occupants of the vehicle should avoid or limit close contact (within 6 feet) with others. The use of larger vehicles such as vans is recommended when feasible to allow greater social (physical) distance between vehicle occupants. Additionally, drivers of the vehicle should practice regular hand hygiene, avoid touching their nose, mouth, or eyes.

Only stopping along the way if able to ensure no interaction with other people while traveling. People diagnosed with COVID-19 may not travel on a public conveyance (e.g. bus, train, plane) If you cannot make the drive home, and do not require hospitalization, the health department can arrange for you to stay in county-arranged designated isolation/quarantine housing.

Options for Isolation of a person infected with the virus that causes COVID-19:

Clean your hands often. Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. Soap and water is the best option, especially if your hands are visibly dirty. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub hands together until they feel dry.

- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others.
- Wear a cloth face covering in public. Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores. Do not dine in restaurants.

Anticipate your needs before you go:

- Prepare food and water for the road. Pack non-perishables in case restaurants and stores are closed.
- Bring any medicines you may need for the duration of your trip.
- Pack a sufficient amount of alcohol-based hand sanitizer (at least 60% alcohol) and keep it in a place that is readily available.
- Plan to make as few stops as possible, but make sure you rest when you feel drowsy or sleepy.

Cleaning and Disinfection for Non-emergency Vehicles:

At a minimum, clean and disinfect commonly touched surfaces in the vehicle at the beginning and end of the trip. Ensure that cleaning and disinfection procedures are followed consistently and correctly, including the provision of adequate ventilation when chemicals are in use. Doors and windows should remain open when cleaning the vehicle. When cleaning and disinfecting, individuals should wear disposable gloves compatible with the products being used as well as any other PPE required according to the product manufacturer's instructions. Use of a disposable gown is also recommended, if available.

- For hard non-porous surfaces within the interior of the vehicle such as hard seats, arm rests, door handles, seat belt buckles, light and air controls, doors and windows, and grab handles, clean with detergent or soap and water if the surfaces are visibly dirty, prior to disinfectant application. For disinfection of hard, non-porous surfaces, appropriate disinfectants include:
 - EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus SARS-CoV-2, the virus that causes COVID-19. Follow the manufacturer's instructions for concentration, application method, and contact time for all cleaning and disinfection products.
 - Diluted household bleach solution prepared according to the manufacturer's label for disinfection, if appropriate for surface. Follow manufacturer's instruction for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
 - Alcohol solutions with at least 70% alcohol.
- For soft or porous surfaces such as fabric seats, remove any visible contamination, if present, and clean with appropriate cleaners indicated for use on these surfaces. After cleaning, use products that are EPA-approved for use against the virus that causes COVID-19 and that are suitable for porous surfaces.
- For frequently touched electronic surfaces, such as tablets or touch screens used in the vehicle, remove visible dirt, then disinfect following the manufacturer's instructions for all cleaning and disinfection products. If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect.

Gloves and any other disposable PPE used for cleaning and disinfecting the vehicle should be removed and disposed of after cleaning; wash hands immediately after removal of gloves and PPE with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available. If a disposable gown was not worn, work uniforms/clothes worn during cleaning and disinfecting should be laundered afterwards using the warmest appropriate water setting and dry items completely. Wash hands after handling laundry. (Ref. CDC –Cleaning and Disinfection of Non-emergency Transport Vehicles).

Once you arrive home/at your destination, please notify your local health department of your return and of your positive COVID-19 status. If you have any additional questions please call the Dare County COVID-19 Hotline at 252.475.5008.



County of Dare

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COVID-19 Call Center 252.475.5008 | covid19@darenc.com | Open Monday- Friday | 8:30 a.m. - 5:00 p.m.