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## **Cook County Department of Public Health Travel Guidance**

### **14-day quarantine recommended for persons entering suburban Cook County, Illinois, from states with high incidence of COVID-19 infections**

While Cook County, including Chicago and suburbs, and Illinois have seen steep declines in new cases, hospitalizations and deaths, other parts of the country are seeing a surge in new cases, and the country overall, is setting new highs for daily COVID-19 cases.

To limit potential spread of COVID-19, Cook County Department of Public Health is recommending quarantine measures for persons entering the region from states around the county where the incidence of COVID-19 infection is high.

#### **Guidance**

Any person entering suburban Cook County living in a high-incidence state, or who visited the high-incidence state for more than 24 hours is recommended to self-quarantine for 14 days after arrival, or for the duration of their stay in suburban Cook County, whichever is shorter.

High-incidence states are those that have new case rate greater than 15 COVID-19 cases per 100,000 resident population per day, over a 7-day rolling average. The list of states meeting this definition will be updated every Tuesday. The list will be posted to the websites of the local health departments issuing this guidance.

Essential workers with verification from their employer, and those traveling for medical care or parental custody are exempt from these recommendations. Essential workers are defined as any person who works in critical infrastructure as designated by the Cybersecurity and Infrastructure Security Agency. Essential workers include any state, local, and federal officials and employees traveling in their official capacities on government business, including military service.

The guidance applies to the jurisdictions of the following public health departments:

- Cook County Department of Public Health (Cook County with the exception of Chicago, Evanston, Skokie, Oak Park and Stickney Township)
- Oak Park Department of Public Health (Village of Oak Park)
- Stickney Public Health District (Stickney Township)