

**☑ Talking Points**

March 21, 2020

*This message is for all Bozeman Health employees from Human Resources and Employee Health.*

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**UPDATED COVID-19 Return to Work Guidelines after International Travel****Here's what's happening...**

As we continue to monitor the COVID-19 pandemic, [Governor Bullock has issued a travel advisory](#) for Montanans who have traveled internationally.

**Here's what you need to know...**

In light of these developments, Bozeman Health, as advised by the Governor and the Department of Health and Human Services, is now requiring all [employees who are returning from international travel](#) to [self-quarantine as outlined by the CDC](#) for 14 days after returning to Montana.

**Here's what you need to do...**

If you returned from international travel **on or after** Thursday, March 19, 2020 you must self-quarantine for 14 days from the day you as [outlined by the CDC](#) and to contact [Gallatin City-County Health Department](#) at 406-582-3100, advising them of your return travel from an international destination prior to returning to work.

Additionally, you must take your temperature with a thermometer two times a day and monitor for fever, and watch for cough or trouble breathing. Attached to this communication is an employee health monitoring sheet that must be used to track fever and symptoms.

If at any time you feel sick with fever, cough, or have difficulty breathing within 14 days after you left:

- Seek medical advice. Call ahead to your primary care provider or UrgentCare before you go to a doctor's office or to the emergency department. Tell them of your recent travel and symptoms.
- Avoid contact with others.
- Do not use public transportation while you have symptoms of an upper respiratory illness.
- Cough and sneeze into a tissue or into the crook of your elbow. Do not cough or sneeze into your hand, as that is how infectious diseases are spread.
- Wash your hands often with soap and water for at least 20 seconds immediately after coughing, sneezing, eating, or using the restroom to avoid spreading germs to others.
- If soap and water are not readily available, an alcohol-based hand sanitizer that contains 60% to 95% alcohol is an appropriate minimum.
- Always wash your hands with soap and water if hands are visibly dirty.

**Here's why...**

Bozeman Health employee safety, health, and overall well-being is of utmost importance. Living our mission of improving community health and quality of life starts with our employees and their families. This is to ensure that no symptoms develop during the stated incubation period, as outlined by the CDC. Bozeman Health may also encourage employees to work remotely as an effective illness-controlling strategy. We will continue to update as appropriate.

**Questions or comments?** Contact Human Resources.