

Covid 19 Regulations for International Students Returning to School

What you need to know

- Anyone can have mild to severe symptoms.
- Older adults and people who have severe underlying medical conditions, including heart disease, lung disease and diabetes, are at higher risk for developing more serious complications from COVID-19.

Watch for symptoms

People with COVID-19 have reported symptoms ranging from mild to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

International Travel

Should I avoid traveling internationally?

CDC recommends that you avoid all nonessential international travel due to the COVID-19 pandemic. Some healthcare systems are overwhelmed and there may be limited access to adequate medical care in affected areas. Many countries are implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice. Airlines have cancelled many international flights and in-country travel may be unpredictable. If you choose to travel internationally, your travel plans may be disrupted, and you may have to remain outside the United States for an indefinite length of time. The CDC also recommends that people postpone all cruise ship travel worldwide.

What can I expect when departing other countries?

Some countries are conducting exit screening for all passengers leaving their country. Before being permitted to board a departing flight, you may have your temperature taken and be asked questions about your travel history and health.

What can I expect when arriving in the United States?

Currently, travel restrictions and entry screening apply only to travelers arriving from some countries or regions with ongoing spread of COVID-19. [Note: U.S. policies are subject to change as the COVID-19 pandemic evolves.] You may be screened when you arrive in the United States. After your arrival, take the following steps to protect yourself and others:

1. Stay at home and avoid contact with others. Do not go to work or school for 14 days.
2. Monitor your health for 14 days. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
3. Keep your distance from others (at least 6 feet or 2 meters). This is referred to as “social distancing.”

Check CDC’s [Coronavirus Disease 2019 \(COVID-19\) Travel webpage](#) to find the current travel health notice level for your international travel.

Returning from International Travel

There is widespread, ongoing transmission of novel coronavirus worldwide (see [Global COVID-19 Pandemic Notice](#)). If you have traveled internationally in the past 14 days, stay home and monitor your health.

Stop the Spread of Covid: https://www.cdc.gov/coronavirus/2019-ncov/downloads/GLOBAL_T-HAN-14Langs-p.pdf

Stay home for 14 days from the time you return home from international travel.

During this 14-day period, take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for [cough or trouble breathing](#). Use this [temperature log](#) to monitor your temperature.
2. Stay home and avoid contact with others. Do not go to work or school.
3. Do not take public transportation, taxis, or ride-shares.
4. Keep your distance from others (about 6 feet or 2 meters).

What To Do If You Get Sick

If you get sick with fever or cough in the 14 days after you return from travel:

- Stay home. Avoid contact with others.
- You might have COVID-19. Most people are able to recover at home without medical care.
- If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent travel and your symptoms.
- Call ahead before you go to a doctor’s office or emergency room.

If you need to seek essential medical care for other reasons such as dialysis, call ahead to your doctor and tell them about your recent travel.