

## **DEPARTMENT OF STATE COVID-19 UPDATE**

Thank you for contacting the office of Congressman Doug Lamborn. Our office is aware of many citizens stranded in countries where the borders have been closed due to COVID-19, and we are working to assist however we can, including escalating the situation to the State Department. There are three specific things that are helpful for you to do right now:

- 1) Please be sure to monitor the Embassy/Consulate website regularly, as this is where the most current information is available. Every post overseas has country-specific information on COVID-19 prominently posted on their site, with regular updates at [www.state.gov](http://www.state.gov) Updates are also posted on embassy social media channels:
- 2) Overseas Travel Information, Advisories & Alerts for the public:

[Travel.state.gov/destination](http://Travel.state.gov/destination)

[Twitter.com/travelgov](https://twitter.com/travelgov)

3) U.S. Citizens should contact the **Consulate General's American Citizen Services Unit** specific for each embassy with their full name, date of birth, Passport number, gender, current location, email address, and a phone number so that the Consulate can follow up. Please also be sure to include information about any medical/health needs.

- 1) **Enroll in the State Department Smart Traveler Enrollment Program (STEP):** <https://step.state.gov/>. This is the system that the local Consulate uses to send emergency alerts and information to citizens overseas. **The more information the Consulate has about how many U.S. Citizens are impacted and where they are, the better they can make plans to assist.**
- 2) The public can also call the Emergency Assistance to U.S. Citizens Abroad at: 888-407-4747 (toll-free in U.S. and Canada) or 202-501-4444

### ***PASSPORT PROBLEMS:***

Information for the public can be accessed at:

[Travel.state.gov/passport](http://Travel.state.gov/passport)

877-487-2778 (only within the U.S.)

TDD/TYY: 888-874-7793

### **Full list of Social Media Resources:**

[Facebook.com/travelgov](https://facebook.com/travelgov)

[Twitter.com/travelgov](https://twitter.com/travelgov)

[Instagram.com/travelgov](https://instagram.com/travelgov)

[Youtube.com/user/statevideo](https://youtube.com/user/statevideo)

[Yelp.com](https://yelp.com) for information on passport agencies and centers

### **Returning from Travel**

Be aware that 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.

At this time, travel restrictions and entry screening apply only to travelers arriving from some countries or regions with widespread ongoing spread of COVID-19. [Note: US policies are subject to change as the COVID-19 pandemic evolves.]

If you are coming from a country or a region with [widespread ongoing transmission](#) of COVID-19 ([Level 3 Travel Health Notice](#)), you may be screened when you arrive in the United States. After you arrive home, take the following steps to protect yourself and others:

1. **Stay at home.** Do not go to work, school, or leave your house for 14 days. Discuss your work situation with your employer.
2. **Monitor your health.** Take your temperature with a thermometer two times a day and monitor for fever (temperature of 100.4°F/38°C or higher). Also watch for cough or trouble breathing.
3. **Practice social distancing within the home.** Avoid contact with other people for the 14 days. Maintain distance (approximately 6 feet or 2 meters) from family members and others in the home when possible.

If you are coming from a country with [ongoing community transmission](#) ([Level 2 Travel Health Notice](#)), take the following steps to protect yourself and others:

1. **Monitor your health.** Take your temperature with a thermometer two times a day and monitor for fever (temperature of 100.4°F/38°C or higher). Also watch for cough or trouble breathing.
2. **Practice social distancing.** Stay out of crowded places and avoid group gatherings. Do not go to shopping malls or to the movies. Keep your distance from others (about 6 feet or 2 meters). Do not take public transportation, taxis, or ride-shares during this time.

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

At this time, American citizens, lawful permanent residents, and family members (as specified in the [Presidential Proclamation](#)) who have been in countries with [widespread ongoing transmission](#) (Level 3 Travel Health Notice) within 14 days prior to their arrival will be allowed to enter the United States. Flights arriving from countries or regions with widespread ongoing transmission are being directed to certain airports in the United States. At these airports, travelers may be screened for COVID-19 symptoms such as fever, cough or trouble breathing, and they may be asked questions about their travel and possible exposure to COVID-19. Travelers without symptoms will be told to stay home, monitor their health, and practice social distancing. Travelers with symptoms will be directed to receive additional screening and health care.

Currently, all travelers arriving from a country or region with [widespread ongoing transmission](#) of COVID-19 (Level 3 Travel Health Notice) should stay home for 14 days after their arrival. At home, they are expected to monitor their health and practice social distancing. To protect the health of others, these travelers should not go to work, or school, or otherwise leave their home for any reason (other than [seeking health care](#)) for 14 days.

[See CDC's website about what to do if you get sick.](#)