**From:** list <[GOV\_EmployeeCommunication@LIST.CT.GOV](mailto:GOV_EmployeeCommunication@LIST.CT.GOV)> **On Behalf Of** Governor Lamont  
**Sent:** Wednesday, March 4, 2020 4:41 PM  
**To:** [GOV\_EmployeeCommunication@LIST.CT.GOV](mailto:GOV_EmployeeCommunication@LIST.CT.GOV)  
**Subject:** Travel advisory for all state employees regarding coronavirus

To our State of Connecticut employees,

As the international impact of coronavirus (COVID-19) continues to grow, we have an obligation to ensure that the offices in which each of our dedicated state employees work remain a healthy and safe place to conduct business. This means that each of us need to take proactive steps to contain any potential illness.

The U.S. Centers for Disease Control and Prevention (CDC) has issued a travel advisory for everyone in America, and I am asking all State of Connecticut employees to follow this guidance closely. As of today, the CDC is advising anyone returning from a country designated as Level 3 – which currently include China, Iran, Italy, and South Korea – to self-monitor in their homes for 14 days upon returning to the United States. Anyone returning from a country designated as Level 2 – which currently includes Japan – should limit their interactions with others for 14 days after returning to the United States. The CDC also recommends travelers avoid all nonessential travel to countries designated as Level 2 and Level 3.

As the situation regarding travel advisories develops, the CDC will continue [posting updates on their website](https://www.cdc.gov/coronavirus/2019-ncov/travelers/) as needed. I strongly urge any state employees who are traveling or who are planning travel to monitor this guidance closely in the coming days and weeks.

Symptoms of COVID-19 can include:

* Fever (100.4°F/38°C or higher)
* Cough
* Shortness of breath

Those who have recently traveled to a Level 2 or Level 3 location and are feeling sick should:

* Call ahead before visiting a doctor’s office or emergency room;
* Tell the doctor about recent travel and the symptoms being experienced;
* Avoid contact with others; and
* Do not travel while sick.

Everyone – regardless of whether they have recently traveled – should follow some basic steps to keep themselves healthy:

* Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer;
* Avoid shaking hands as a greeting;
* Avoid touching your eyes, nose, and mouth with unwashed hands;
* Avoid close contact with people who are sick;
* Stay home when you are sick;
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash; and
* Clean and disinfect frequently touched objects and surfaces.

State-level guidance on COVID-19 can be found by visiting [ct.gov/coronavirus](http://ct.gov/coronavirus). Guidance from the federal government can be found by visiting the CDC’s website at [cdc.gov](http://cdc.gov/).

I appreciate everyone’s commitment to the health and safety of our offices. Thanks to dedicated state employees like you, I know our state is as prepared as we can be for this moment.

Stay healthy,

Ned Lamont

Governor