# COVID-19 Travel Guidance

*Updated May 13, 2021* - supersedes the previous guidance dated March 03, 2020

## Key Points

- UCSF is still restricting all non-essential university-sponsored travel, both domestic and international.
- Those who are fully vaccinated and travel interstate do not have to fill out the Pandemic Travel Request Form.
  - Note that fully vaccinated people are more than 2 weeks getting a second dose of 2-dose series (Pfizer or Moderna) or more than 2 weeks after receipt of single-dose vaccine (Johnson and Johnson’s Janssen).
  - The exception to this is proof of COVID-19 infection in the last 90 days.
- **EOC approval is still required for international travel**, or travel to another state if not fully vaccinated.
- **Defining essential travel for faculty and staff**. A few examples below.
  - To preserve the safety of a patient or research subject (faculty and staff)
  - To preserve the results of research activity (faculty and staff)
  - To meet a graduation or completion requirement (students, residents, and fellows)
  - To meet with a final one or two candidates for higher-level leadership positions (chairs, directors, chiefs)
- Quarantining is no longer mandatory, but is still strongly advised.
- Updated guidelines are summarized here and described in more detail below.

<table>
<thead>
<tr>
<th>Required</th>
<th>General behavior</th>
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<tbody>
<tr>
<td>• Masking</td>
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<tr>
<td>• Maintain 6-foot distancing</td>
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<tr>
<td>• Wash hands frequently</td>
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<tr>
<td>Selected</td>
<td>General quarantine guidelines</td>
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<tr>
<td>• Mandatory quarantine after travel outside of the Bay Area is rescinded</td>
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<tr>
<td>• 10-day quarantine for all domestic travel &gt; 120 miles from home</td>
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<tr>
<td>• Only leave home for essential activities</td>
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</tbody>
</table>

<table>
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<tr>
<th>Return to work after domestic travel</th>
<th>2 tests with negative results</th>
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<tr>
<td></td>
<td>follow <a href="#">travel quarantine guidelines</a> when off-site.</td>
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## Return after International travel

- CDC requires all air passengers entering the US
- A negative COVID-19 test has been taken 72 hours or less before boarding a flight to the U.S.;
- Or Proof of recovery from the virus within the last 90 days.
- Return to work as scheduled
- When not at work, 10 to 14-day quarantine for all domestic travel > 120 miles from home, depending on local requirements
- Only leave home for essential activities

<table>
<thead>
<tr>
<th>UCSF employees who are required to return to work after travel</th>
<th>Stay home if ill or symptomatic, contact OHS, and follow quarantine rules</th>
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<tbody>
<tr>
<td></td>
<td>Return to work as scheduled if asymptomatic or have 2 negative tests</td>
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<tr>
<td></td>
<td>Complete daily screening</td>
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## Positive COVID-19 test results?

- Contact OHS at (415) 514-7328
- students must [send a secure message](#) to SHCS nursing for further instructions.

## General guidance upon return from travel from high-risk travel or high-risk exposure or if there are questions

- Employees contact OHS at (415) 514-7328
- Students submit questions to SHCS via [MyHealthRecord](#)
- quarantine after travel.
- remain in their hotel or residence for 10 days
- only go out for essential activities like obtaining food, medical care, or individual outdoor exercise.

## Return to work after medical leave due to COVID-19

- UCSF employees who are required to return to work after medical leave due to COVID-19
- Stay home if ill or symptomatic, contact OHS, and follow quarantine rules
- Return to work as scheduled if asymptomatic or have 2 negative tests
- Complete daily screening
- Return to work as scheduled
- When not at work, 10 to 14-day quarantine for all domestic travel > 120 miles from home, depending on local requirements and only leave home for essential activities

## Return to work after International travel

- UCSF employees who are required to return to work after International travel
- Stay home if ill or symptomatic, contact OHS, and follow quarantine rules
- Return to work as scheduled if asymptomatic or have 2 negative tests
- Complete daily screening
- Return to work as scheduled
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## Return to work after domestic travel

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Requirements Upon Return From Travel

Employees returning to UCSF with questions about COVID-19 and high-risk travel or high-risk exposure (close contact with someone with suspected or confirmed COVID-19, regardless of travel) should call OHS at [415] 514-7328 for further evaluation. Students should send questions to the COVID Nurse at Student Health and Counseling Services (SHCS) via MyHealthRecord. Please call OHS immediately if your COVID-19 test comes back positive.

Individuals may be encouraged or required to quarantine after travel. To quarantine after travel, individuals should remain in their hotel or residence for 10 days, mask, and stay 6 feet away from people with whom they did not travel, wash hands frequently, and only go out for essential activities like obtaining food, medical care, or individual outdoor exercise. Exceptions that allow travel to and from onsite work at UCSF during the travel quarantine period are described below.

Domestic Travel Outside California

UCSF employees and learners who live or work in California should avoid non-essential US travel out of state or more than 120 miles from their place of residence and should undergo post-travel quarantine upon their return, in accordance with guidance from the California Department of Public Health. Regular commuters are exempted.

If you do undertake U.S. travel beyond your place of residence, be aware that some state and local governments may require you to test and/or self-quarantine for up to 14 days upon arrival. Also, consider the associated risks and ways of protecting yourself while traveling as noted by the U.S. Centers for Disease Control and Prevention.

Workers and Students On-Site Full-Time

After returning from travel, employees whose responsibilities require them to be on-site – including, but not limited to, frontline care workers and administrative staff – should return to work as scheduled, but follow travel quarantine guidelines when off-site. In addition, these required on-site workers must attest via the Conversa screening tool that they are asymptomatic and attest to completing two COVID-19 tests after travel.

On-site workers who are asymptomatic should continue to work while they are waiting for test results.

On-site workers and students can use the free COVID-19 testing available for employees and learners. If you have returned from travel and have symptoms or a positive test, or if you have been exposed to a confirmed or suspected COVID-positive person at home or during travel, employees call OHS at [415] 514-7328, and students send a secure message to the COVID Nurse at Student Health and Counseling Services (SHCS) for further instructions.

Periodically On-Site

In accordance with state and local public health advisories, UCSF research personnel (e.g. faculty researchers, postdocs, research laboratory technicians, and assistants) who work on-site, as well as employees and students who work remotely but sometimes work or have on-site educational program activities, should quarantine after travel, must complete COVID-19 testing (if appropriate), and pass the daily health screener before resuming any on-site activities after travel.

If you have returned from travel and have symptoms, a positive COVID-19 test, high-risk exposure, or have participated in high-risk activities, before resuming on-site activities employees must call OHS at 415-514-7328 and students must send a secure message to SHCS nursing for further instructions.

Option A (for those required to be on-site): Immediate Return to Work with Two Tests

- When off-site, quarantine for 10 days after returning from travel and monitor yourself for symptoms.
- Return immediately to work, and obtain two COVID-19 tests: the first test no more than 72 hours before returning to on-site work or on your first day on-site, and the 2nd test on days 5-7 after your first day on site.

Option B (if not required to be on-site): Wait Seven Days and Test Before Return to Work

- When off-site, quarantine for 10 days after returning from travel and monitor yourself for symptoms.
• Return to on-site work after 7 days if you obtain a negative COVID-19 test on days 5-7 following the day you return home from travel.

International Travel
UCSF strongly recommends against personal international travel as part of a broader effort to limit the transmission of COVID-19 from place to place. For those who travel abroad, please be aware of the following policies that apply when returning to the U.S. and to UCSF after international travel.

Before Returning to the U.S.
The CDC requires all air passengers entering the U.S. (including U.S. citizens and legal permanent residents) to present one of the following:
• A negative COVID-19 test taken 72 hours or less before boarding a flight to the U.S.; or
• Proof of recovery from the virus within the last 90 days.

Before Returning to UCSF
Before returning to UCSF after international travel, all faculty, residents, fellows, staff, and students must:

1. Monitor and record any COVID-19 symptoms for 10 days, beginning on the first day back in the U.S. This includes taking your temperature twice daily, and one of the following:
   
   **Employees**
   • Start Coronavirus Symptom Self-Monitoring digitally, text SYMPTOM to 83973; or
   • Complete the employee manual self-monitoring form, and submit the completed form to OHS by email to OHS@ucsf.edu.

   **Students**
   • Complete the manual self-monitoring form, and submit the completed form by sending a secure message to SHCS nursing

2. Employees contact OHS at (415) 514-7328 for a post-travel interview. Students send a secure message to SHCS nursing to initiate an assessment:
   • You may not return to UCSF without a clearance letter or email from OHS
   • A COVID-19 test may be required.

3. Contact your supervisor or educational program to discuss your return to work/campus.
   • Employees must bring the clearance letter or email from OHS to your department/unit when returning to work.
   • Students must provide a copy of the SHCS clearance letter to their educational program.

4. Quarantine at home for 10 days from your return date.
   • Working or learning from home, maybe available if approved by your supervisor or educational program, but you are restricted from any UCSF on-site work or educational program activities for 10 days. Students must contact their educational program Dean’s office to arrange remote learning opportunities while quarantining.
   • Exceptions to the 10-day quarantine may be made for clinical, or essential staff, or students (with a required rotation/placement) without symptoms, but these exceptions need OHS or SHCS approval.

5. Follow testing requirements.
   • On-site workers and students with a required rotation/placement who are unable to quarantine must still complete steps 1-3 and are also required to complete three COVID-19 tests.
     • The first must be completed on Day 1, which is the day you return to UCSF.
     • The second must be completed on days 3 to 4.
     • The third must be completed on days 7 to 9.

   • Researchers, remote workers, and students who are occasionally needed on-site must choose one of the following:
     • A 7-day quarantine with COVID-19 test taken on day 5-7 if required to be on site.
A 10-day quarantine. After completing 10-day quarantine, testing is optional but not required. If you do not get a post-travel COVID-19 test, you should limit contact with immunocompromised persons for 14-days.

Policy on Visitors to UCSF Facilities

*Updated March 3, 2021*

All non-essential visits to UCSF campus facilities are prohibited until further notice. To be considered essential, visits must not be able to be postponed and must be necessary to:

- Preserve the safety of a patient or research subject; or
- Preserve the results of research activity; or
- Meet a graduation requirement for students/trainees.
- to meet with a [final] candidate(s) for higher-level leadership positions, e.g., chairs, chiefs, etc.

**Visitors traveling to UCSF from outside the US**, outside of California, or who reside more than 120 miles from UCSF should undergo a post-travel quarantine before entering any UCSF campus facilities. To quarantine *after travel*, individuals should remain in their hotel or residence for 10 days, mask and stay 6 feet away from people with whom they did not travel, wash hands frequently, and only go out for essential activities like obtaining food, medical care, or individual outdoor exercise.

If traveling visitors are deemed essential and approved (see below for approvals required), and additionally must enter campus sooner than 10 days, the visitors must attest that they have had a negative COVID-19 test no more than 72 hours prior to entering UCSF campus facilities. Traveling visitors with the requisite negative COVID-19 test are allowed to enter campus sooner than 10 days but must follow all other travel quarantine requirements when off-campus. If the guests need to continue entering the UCSF campus, they must have an additional COVID-19 test on days 5-7 after beginning their on-site visit. Depending on the visitor category, additional requirements or testing are described or linked below.

Approval must be obtained before travel arrangements are made, since testing and quarantine requirements may lengthen or curtail a visit. After-the-fact approval for reimbursement purposes is not guaranteed. Travis Pentz will facilitate the submission of a request form that the UCSF host fills out for their guest(s). This request will be reviewed by the appropriate dean or leader, depending on the host’s UCSF association.

**Research Participants** who have been approved by their research study to enter clinical facilities are exempted from the quarantine and testing requirements but must complete and receive clearance from the Vendor and Campus Guest Daily Screener each day before entering any UCSF campus facility.