UPDATED TRAVEL GUIDELINES

The below process applies to non-essential travel to any Level 3 high-risk country (identified by the CDC) as well as all high-risk states EXCEPT Maryland and Virginia.

What To Do If Traveling for Non-Essential Reasons

In the interest of your safety, we strongly discourage travel to states and countries identified as "high risk." If you choose to proceed with non-essential travel to one of these "high risk" areas, you must do the following:

- Inform your supervisor regarding travel to the "high risk" state or country
- Upon return, healthcare workers can do their essential healthcare work without the need for quarantine if they are going to work.
- Outside of work in DC, they must limit activities and either self-monitor for 14 days or get a COVID-19 PCR test 3-5 days after return while limiting activities until a negative test result, **except if the quarantine is waived (see below).**
- If your test is positive, self-quarantine and inform your supervisor for next steps.
- You must continue to self-monitor for the full 14 days.
- Complete the self-monitoring tool: https://docs.google.com/forms/d/e/1FAIpQLSfJSJYsHtOekm9mSHKiEbcny3NCzoAHUzVpheuZUUCY9O78_g/viewform

If you develop any symptoms or are exposed to someone with COVID-19, you should immediately self-quarantine and contact Occupational Health. Please see below regarding essential versus non-essential travel. If you travel for essential reasons, you do not need to follow the above process.

Essential Vs. Non-Essential Travel

Examples of Essential Travel:
Essential government functions
Essential business
Travel to care for minors, elderly or dependents
Travel required by law enforcement or court order

Examples of Non-Essential Travel:
Vacations
Beach trips
Work conferences

Travel Related Quarantine and Testing Requirements Exemptions

Travel- related testing and quarantine requirements may be waived if an individual:

- Has **tested positive for COVID-19** within the last 90 days **AND** does not have any symptoms consistent with COVID-19

  OR

- Is **fully vaccinated** against COVID-19 **AND** is within 90 days of the last dose in the COVID-19 vaccine series **AND** does not have any symptoms consistent with COVID-19.
  - A person is considered fully vaccinated 14 days after completion of a COVID-19 vaccination series (after the second dose of a 2-dose series, or after one dose of a single-dose vaccine).
  - It is recommended to bring your vaccination card with you while travelling in case documentation is requested.