

# COVID-19 GUIDE

## Return to Campus: Students Traveling Domestically & Internationally

Transmission of COVID-19 within the United States and in destinations throughout the world continues. This is a short guide for returning to campus for students traveling long distances, domestically or internationally.

### BEFORE YOU TRAVEL

Do not travel if you are sick or have been exposed to someone diagnosed with COVID-19 in the last 14 days.

### DURING YOUR JOURNEY

Travel via public transportation increases your risk of exposure to COVID-19.

### UPON ARRIVAL

When you arrive at OSU, remember that you may have been exposed to COVID-19 on your travels. **You may feel well, but you still can be infected and contagious without any symptoms.** In the event that you were exposed, you and your travel companions pose a risk to others for 14 days after exposure.

OSU follows the CDC guidelines, which recommend that you **take extra precautions for 14 days upon arrival:**



**Wash your hands** with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol before you leave for your journey.

**Avoid touching your eyes, nose, and mouth** with unwashed hands.



**Maintain social distancing** of 6 feet at all times as well as when you are waiting at the airport, bus or train station.

**Wear a mask** in public settings and when around people who don't live in your household.



**Cover your coughs and sneezes** with a tissue or by using the inside of your elbow. Throw used tissues in the trash and wash your hands immediately.



**Avoid** public transportation, social gatherings and events.

**Avoid** indoor public spaces including exercise facilities, restaurants and bars.



Immediately upon reaching your destination, **wash your hands again** with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

**Avoid any contact with vulnerable persons**, such as the elderly or immunocompromised.



**Stay home** during your quarantine; arrange for home delivery of food and other necessities. Work from home and take courses online whenever possible.

If sharing a home, keep windows open whenever possible. Try to avoid occupied common areas. Ensure **frequent thorough cleaning** of the kitchen, restroom, other high touch areas.



If you feel safe going outside, **keep at least 6 feet from others and wear a mask.**