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**.