

# COVID-19 GUIDE

## Spring Break Travel Guide

### BEFORE YOU GO



Get an influenza vaccination.



Sign up for Oregon Exposure Notification. (<https://beav.es/enx>)



If you get tested for COVID, remember the following:

- A negative test does not mean you will remain negative after that test. You could become infected at any point after being tested.
- COVID-19 Tests are falsely negative in about 30% of patients with symptoms. This inaccuracy may be even higher in those without symptoms.
- A negative test does not prevent you from infecting others.
- Students will be invited to complete a COVID test through TRACE OSU. Watch your email for an invitation.



If you absolutely must travel, please review regulations regarding travel to your destination. Some destinations now require the completion of a travelers' form prior to arrival, along with specific restrictions and testing requirements after arrival.



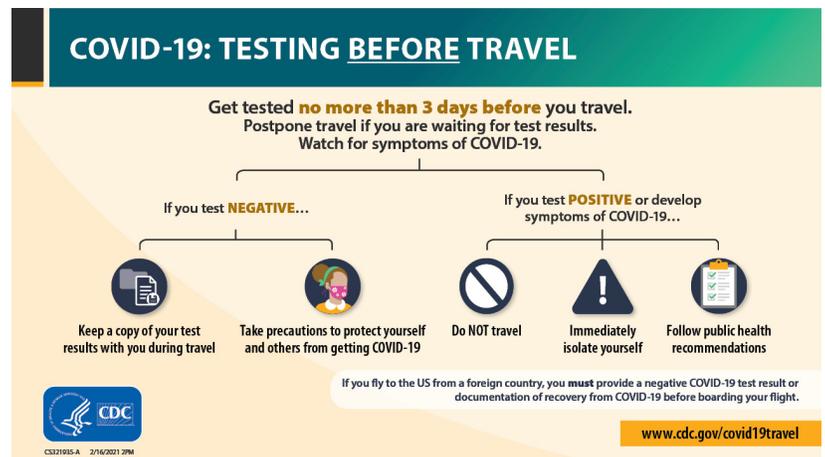
Minimize risk of exposure and infection during the weeks leading up to departure from campus. Any exposures could disrupt plans to travel, so plan accordingly.



Reduce the number of people with whom you are in close contact prior to the trip to limit opportunities for exposure.



Remember: If you become infected or are exposed to a person who is confirmed to be infected, you will need to isolate or quarantine before traveling.



### DURING YOUR JOURNEY



Reduce the number of stops on the trip. Take a direct flight if possible, and if driving, pack food/snacks for the car trip home.



Delay travel if sick or exposed. Anyone feeling ill, recently diagnosed with COVID-19 (within 10 days), or exposed to someone with COVID-19 (within 14 days) should self-isolate and delay travel. Follow guidance from your health care provider regarding when travel can be resumed.

# COVID-19 Spring Break Travel Guide



Take safety precautions during travel including:

- Wear a face covering at all times and consider also wearing a face shield.
- Stay at least 6 feet away from other people; if using public transportation, sit as far away from other passengers as possible.
- Carry and use hand sanitizer (with at least 60% alcohol) frequently.
- Clean all touchable surfaces in any car, plane, train, etc. that you travel in with a disinfecting/sanitizing wipe.
- Re-check for any requirements or restrictions at your travel destination.



Remember: The least risky option is private transportation by yourself or with family members. If in a car with others outside the household, wear a mask and sit in the back seat if someone else is driving. If weather conditions permit, open the windows.

## UPON ARRIVAL



The most cautious approach is to quarantine for the first 14 days after arriving at your destination. This is especially important if there are vulnerable, higher risk individuals staying or living in the same residence and/or there is high prevalence on campus or in the local community surrounding the campus prior to departure.

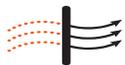


Quarantining in place includes:

- Wearing a mask and maintaining a distance of at least 6 ft when in the presence of others.
- Staying home and monitoring for symptoms.
- Eating meals in a private space or outdoors with family at least 6 ft apart.
- Using separate serving ware, utensils, glasses, and plates.
- Using a separate bathroom from other family members. If not possible, disinfect the bathroom after each use.
- Avoiding physical contact including hugging, kissing, and shaking hands.
- Restricting movement within and outside the living space.



If quarantine is not possible, stay physically distant from family household members, wear a face covering and avoid close contact, including hugging and shaking hands, for the first 14 days.



Consider using HEPA filter units inside and opening windows to increase air circulation.

## UPON RETURN



- Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
- Even if you test negative, stay home and self-quarantine for the full 7 days.
- If your test is positive, isolate yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

*Based on recommendations from the American College Health Association and the Oregon Health Authority.*

