

11-15-20

## Guidance from the CDC:

- CDC recommendations regarding travel: [https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Ftravel-in-the-us.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Ftravel-in-the-us.html)
- “Interim Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease 2019 (COVID-19)”, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>.
- The return to work criteria are found <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

## For all Travel, effective 11-21-20:

As per CDC guidelines, we recognize the safest approach is not to travel during this holiday season, as COVID levels are rising across the country, and there is a risk of bringing virus to your family/friends or bringing the virus back to Orlando; this is especially true if home/family includes elderly, ill, immunosuppressed, co-morbidities or if your destination has high COVID prevalence.

1. For now, all students should screen themselves daily for fever and signs/symptoms of COVID-19 by using the [COVID Self-Checker](#) available in the [UCF Mobile app](#) or [online](#) every day before going to class or work or participating in any activity on UCF property. Any positive results should be followed by health care assessment for COVID-19. Follow COVID-19 Prevention Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
2. If you decide to travel, you should:
  - know the COVID prevalence in the locations you are visiting or traveling through, and check to see if there are legal travel restrictions in place (see links available in the above CDC websites).
  - consider obtaining a COVID-19 test yourself to ensure you are negative before you go home on your own to protect your family;
  - isolate as much as possible before going home (clinical students should minimize contact outside work for 2 weeks prior to going home);
  - choose travel options that minimize risk of transmission;
  - utilize full mask while at airports or flying (buy PPE before it gets sold out);
  - while at home or staying in Orlando try to avoid large gatherings outside your immediate circle; continue to use PPE as much as is appropriate.
3. Do not travel out of the country and do not go on a cruise.  
**If You travel to a county in the U.S. with > 10% positive COVID testing rate you may be required to quarantine for 14 days upon your return to Orlando:**
  - CDC COVID Data Tracker: [https://covid.cdc.gov/covid-data-tracker/#cases\\_casesinlast7days](https://covid.cdc.gov/covid-data-tracker/#cases_casesinlast7days)
  - United States COVID-19 Cases and Deaths by County: <https://covid.cdc.gov/covid-data-tracker/index.html#county-map>
  - You can check the [Travel Health Notices](#) for recommendations for places you have traveled, including [foreign countries and U.S. territories](#). You can also check [states, counties, and cities](#) to determine if these areas are experiencing high levels of COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
  - Follow [state](#) and local recommendations or requirements after travel: <https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>
4. Do not return directly to your clinical setting or in person activities at the UCF COM if you have been exposed or have symptoms of COVID. Seek medical evaluation, e.g., by calling the UCF COVID line at 407-823-2509. Follow the algorithm established for students who have been exposed or develop symptoms of COVID, and keep Dr. Soraya Smith in Student Affairs informed throughout.