



UNM Health System Travel Guidance

Adherence to this guidance helps prevent the spread of SARS-COV-2 and is for the health and safety of our patients, visitors, health care workers, and staff. Traveling to different locations will have different risks. Situations may change and affect a traveler's ability to return to work. Read this work-related guidance, state-specific DOH guidance, the CDC travel guidance, and the U.S. Department of State guidance before traveling, as there may be additional state, country and re-entry requirements depending on where you travel and your vaccination status.

Contact the UNM Health Systems COVID Call Center at
<https://redcap.link/UNM.CCC.SurveySelector>
or (505) 515-8212 if

- You have had a high risk work exposure to a COVID-19 positive person in the past 10 days.
- Any known household or community exposure to a COVID-19 positive person in the past 10 days.
- You have had tested positive to COVID-19.
- You are experiencing any of the following symptoms: fever or chills, cough, shortness of breath or difficulty breathing, strong fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Definitions of COVID-19 Vaccination Status

Up to date = a person has received all recommended COVID-19 vaccines including any booster dose(s) when eligible.

Fully vaccinated = a person has received their primary series of COVID-19 vaccines.

Business Travel

- Business-related travel must be approved by your director for faculty, fellows and residents or supervisor for all other employment roles prior to travel. In addition, please follow the guidance below.

Domestic travel

- If you are not up to date on all COVID-19 vaccinations
 - Prior to your trip
 - The CDC recommends you get tested with a COVID-19 viral test as close to the time of departure as possible and not more than 3 days before your trip.
- For ALL Travelers
 - Masks are federally required in all indoor types of U.S. public transportation setting including transportation hubs.
 - After returning from travel
 - The CDC recommends you get a COVID-19 viral test 3-5 days after travel.
 - Self-monitor for COVID-19 symptoms.



- If you prefer to have a 10 day symptom survey emailed to you to help with symptom monitoring, fill out this form: <https://redcap.link/UNM.CCC.SurveySelector>
- If symptoms develop, you must self-quarantine and get tested. To report symptoms and be sent for testing fill out this form: <https://redcap.link/UNM.CCC.SurveySelector>

International Travel

- If you are not up to date on all COVID-19 vaccinations
 - Prior to your trip
 - The CDC recommends you get tested with a COVID-19 viral test as close to the time of departure as possible and not more than 3 days before your trip.
- For ALL Travelers
 - Masks are federally required in all indoor types of U.S. public transportation including transportation hubs.
 - Before returning to the United States
 - You are required to show a negative COVID-19 test result taken no more than 1 day before travel to the airline. There is also an option for people who have had a COVID-19 in the past 90 days to show proof of recovery from a treating provider.
 - Ground border crossings may have border specific requirements for testing.
 - After returning to the United States
 - The CDC recommends you get a COVID-19 viral test 3-5 days after travel.
 - Self-monitor for COVID-19 symptoms.
 - If you prefer to have a 10 day symptom survey emailed to you to help with symptom monitoring, fill out this form: <https://redcap.link/UNM.CCC.SurveySelector>
 - If symptoms develop, you must self-quarantine and get tested. To report symptoms and be sent for testing fill out this form: <https://redcap.link/UNM.CCC.SurveySelector>

COVID-19 Testing

- Individuals are financially responsible for testing related to pre and post travel.
 - To make an appointment for COVID-19 testing you may call the UNMH Appointment Center COVID-19 testing line at: (505) 925-4636.
- The institution will cover the cost of tests related to symptoms, but you must first report symptoms and be sent by the UNM Health System COVID-19 Call Center.
 - To report symptoms and be sent for testing fill out this form: <https://redcap.link/UNM.CCC.SurveySelector> or call (505) 515-8212
- COVID-19 test results may be obtained through the UNMH Patient Portal.
- Any positive test must be reported to the UNM Health System COVID Call Center by submitting it online <https://redcap.link/UNM.CCC.SurveySelector> or by calling (505) 515-8212.



Per CDC, Do NOT travel if

- You are [sick](#), even if you recovered from COVID-19 within the past 90 days or are up to date with your COVID-19 vaccines.
- You [tested positive](#) for COVID-19.
 - Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no [symptoms](#).
- You are waiting for results of a COVID-19 test.
- You had close contact with a person with COVID-19 and **are recommended** to [quarantine](#).
 - Do not travel until a full 5 days after your last close contact with the person with COVID-19. It is best to avoid travel for a full 10 days after your last exposure.
 - If you must travel during days 6 through 10 after your last exposure:
 - [Get tested](#) at least 5 days after your last close contact. Make sure your test result is [negative](#) and you remain without [symptoms](#) before traveling. If you don't get tested, avoid travel until a full 10 days after your last close contact with a person with COVID-19.
 - Properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during days 6 through 10. If you are unable to wear a mask, you should not travel during days 6 through 10.

If you had close contact with a person with COVID-19 but are NOT recommended to [quarantine](#)...

- [Get tested](#) at least 5 days after your last close contact. Make sure your test result is negative and you remain without [symptoms](#) before traveling.
 - If you had confirmed COVID-19 within the past 90 days, you do NOT need to get tested, but you should still follow all other recommendations (including if you develop COVID-19 symptoms).
- If you travel during the 10 days after your last exposure, properly wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.