UNM Health System Travel Guidance

All faculty, residents, fellows, staff and students must call the UNM Health System COVID Call Center for guidance and risk stratification upon returning from out of state or international travel.

(505) 515-8212
unmhealth.org/covid-chat/

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.

Call the UNM Health Systems COVID Call Center at (505) 515-8212 or visit the UNM Health COVID-19 Chatbot at unmhealth.org/covid-chat/ if:

- You have traveled out of state.
- You have traveled internationally.
- You have had an exposure to a COVID-19 positive person in the past 10 days.
- You experience 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.
- *Note* There is no longer a requirement to notify the Call Center for in-state travel.

Business Travel

- Business-related travel will resume on 5/16/21, and must be approved by your director for faculty, fellows and residents or supervisor for all other employment roles prior to travel. Follow the quarantine requirements upon return as it applies to type of travel and vaccination status as outlined below.

Out of State Travel & Fully Vaccinated

- Quarantine is no longer required for out of state travel for those who are fully vaccinated.
  - Fully vaccinated means 2 weeks after the second dose of Pfizer or Moderna, or 2 weeks after a single-dose of Johnson&Johnson or AstraZeneca’s COVID-19 vaccines.
  - For guidance on international travel, see below.
- Anyone traveling out of state must call the UNM Health Systems COVID-19 Call Center at (505) 515-8212 upon return. The Call Center will do a risk stratification, answer any questions or concerns you have and help you obtain access to the required 14-day Symptom Survey.
  - A 14-day symptom survey is required for ANY out of state travel.
  - Symptom surveys are monitored daily by the UNM Health Systems COVID Call Center.
  - Symptom surveys and the HSC daily emailed self-attestation are not the same thing.
- If symptoms develop contact the call center immediately for guidance and help with obtaining testing.

v.05/03/2021
Out of State Travel & Unvaccinated or Partially Vaccinated
or
International Travel (Vaccinated and Unvaccinated or Partially Vaccinated)

Work related quarantine guidance will continue to apply in the following high-risk circumstances:

- Any international travel.
  - International travel guidance varies from domestic travel. It poses a larger risk of coming into contact with variant strains that the vaccine may not protect as well against which poses a greater risk to our vulnerable patient population and each other. The CDC continues to have numerous international travel bans.
- Any out of state travel where the seven-day rolling average is either:
  - a positive test rate higher than 10/100,000 residents, or
  - a test positivity rate greater than or equal to 7.5%
    - State level data can be found at: https://covidactnow.org/

Quarantine Time, Testing and Symptom Surveys for International Travel and Unvaccinated Individuals

- For return-to-work purposes, a 10-day quarantine is required for any international travel or if unvaccinated/partially vaccinated and traveling to a state with a positive test rate greater than 10/100,000 and greater than or equal to 7.5% test positivity rate. Incidence rates can be found at: https://covidactnow.org
  - Stops along the journey are considered in the risk assessment.
- Alternatively, you may test at day 7 following travel, allowing for return to work once a negative result is obtained.
  - Test results may be obtained through the UNMH Patient Portal if testing at UNMH testing site.
  - To make an appointment for COVID-19 testing you may call the UNMH Appointment Center COVID-19 testing line at: (505) 925-4636.
  - Proof of a negative test result and return to work clearance MUST go through the UNM Health Systems COVID Call Center. It is NOT appropriate to only show a supervisor a negative test to return to work.
- Anyone traveling out of state or internationally must call the UNM Health Systems COVID-19 Call Center at (505) 515-8212 upon return. The Call Center will do a risk stratification, answer any questions or concerns you have and help you obtain access to the required 14-day Symptom Survey.
  - A 14-day symptom survey is required for ANY out of state or international travel.
  - Symptom surveys are monitored daily by the UNM Health Systems COVID Call Center.
  - Symptom surveys and the HSC daily emailed self-attestation are not the same thing.
- If symptoms develop call the call center immediately for guidance and help with obtaining testing.
Important Guidance for both vaccinated and unvaccinated while traveling:

- Wear a mask covering at all times while in public except when eating, or drinking.
- Wash your hands often with soap and water, or use hand sanitizer.
- Avoid close contact with others by keeping 6 feet of physical distance from others.
- Avoid touching your eyes, nose, or mouth.
- Stay away from large gatherings of people.

**Car travel:** Stops for gas, food, or breaks puts you at risk through contact with people and surfaces.

**Airline travel:** Social distancing is difficult in terminals and on crowded flights, you may have to sit near others (within 6 feet) for extended time. This increases your risk of getting COVID-19.

**Camping:** Camping can pose a risk to you if you contact others or share public facilities (like restrooms or picnic areas) at campsites or along the trails.

**Quarantine Guidance**
- If a foreseeable quarantine is in your future consider planning ahead
  - Stock up on essentials
  - Create a plan for grocery and food deliveries
  - Plan to self-monitor for symptoms

**Note** If you have had a positive COVID-19 test, contact the UNM Health Systems COVID Call Center at (505) 515-8212.