



UNM Health System Travel Guidance

All faculty, residents, fellows, staff and students must call the UNM Health System COVID Call Center or access the UNM Health COVID-19 Chatbot for guidance and risk stratification upon returning from out of state or international travel.

unmhealth.org/covid-chat/

(505) 515-8212

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 System 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 14 days.
- You have had a positive COVID-19 diagnosis 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.
- Please note, there is no longer a requirement to notify the Call Center for in-state travel.

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. Call the Call Center upon return for out of state or international travel and follow the quarantine requirements upon return as it applies to type of travel and vaccination status as outlined below.

Fully Vaccinated Individuals

Prior to returning to work, all faculty, fellows, residents, staff, learners and contractors **must** call the UNM Health System COVID-19 Call Center at (505) 515-8212 or access the UNM Health COVID-19 Chatbot at unmhealth.org/covid-chat/ for risk stratification and to obtain access to the **required** 14-day Symptom Survey.

- **Out of state travel:**
 - Fully vaccinated individuals do not need to quarantine upon return from out of state travel as long as they are asymptomatic.
 - A 14-day symptom survey is required.
- **International travel:**



- Fully vaccinated individuals do not need to quarantine upon return from international travel as long as they are asymptomatic.
 - This does not apply to travel to, or layovers in, countries the US State Department prohibits entry to the United States from in the past 14 days. Quarantine and/or testing, as defined below, will apply for this type of travel.
- Proof of a negative COVID test as required by the state department for re-entry into the United States **must** be provided to the UNM Health Systems COVID-19 Call Center prior to working.
- A 14-day symptom survey is required.
- **Symptom Surveys:**

Anyone traveling out of state or internationally is **required** to fill out a 14-day Symptom Survey.

 - The UNM Health Systems COVID Call Center will provide access to the survey.
 - 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.
- Fully vaccinated means two weeks or more following the final dose of a COVID-19 vaccine.

Unvaccinated or Partially Vaccinated Individuals

Prior to returning to work, all faculty, fellows, residents, staff, learners and contractors **must** call the UNM Health Systems COVID-19 Call Center at (505) 515-8212 or access the UNM Health COVID-19 Chatbot at unmhealth.org/covid-chat/ for risk stratification and to obtain access to the **required** 14-day Symptom Survey.

- **Work-related quarantine will continue to apply in the following high-risk circumstances:**
 - Any international travel.
 - 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**

For return-to-work purposes, a 10-day quarantine is required for unvaccinated/partially vaccinated and traveling internationally or to a state with a positive test rate greater than 10/100,000 and greater than or equal to 7.5% test positivity rate.

 - Stops along the journey are considered in the risk assessment.
 - The UNM Health Systems COVID-19 Call Center will provide return to work clearance to your supervisor.
- **Testing**

Alternatively, one may test at day 7 following travel. Once a negative result is obtained, notify the UNM



Health Systems COVID Call Center, and an email will be sent to your supervisor indicating you are cleared to return to work.

- To make an appointment for COVID-19 testing you may call the UNMH Appointment Center COVID-19 testing line at (505) 925-4636.
 - Individuals are financially responsible for testing related to travel.
 - Results may be obtained through the UNMH Patient Portal.
 - 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.
- **Symptom Surveys**
Anyone traveling out of state or internationally is **required** to fill out a 14-day Symptom Survey.
 - 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 COVID Call Center immediately for guidance and help with obtaining testing.