

University of Alaska COVID-19 policy guidance Travel and community restrictions

Updated 3/12/20 – Replaces all previous versions

Note defined terms at the end of this document. Chancellors may provide exceptions to this guidance for research and other essential activities.

Outbound Travel Restrictions

Travel for university business is prohibited to all destinations outside the United States and to any US communities experiencing ANY level of community transmission.

Inbound/Return Travel Restrictions/UA Community Restrictions

Who do the restrictions apply to?

Community restrictions apply to employees, students and campus visitors who are not showing symptoms of COVID-19 but who meet any of these criteria:

- Are traveling to UA, or returning to UA, from travel in U.S. communities that are experiencing community transmission, as well as from travel outside the United States, within the past 14 days; or
- In the last 14 days have been in “close contact” with someone who has been confirmed to have COVID-19, or with someone who is COVID-19 symptomatic and under investigation by the CDC or other health authorities; or
- Have been a passenger on a cruise ship in the last 14 days.

What are the restrictions?

Unless otherwise directed by UA or the appropriate health authorities the following applies:

Affected Students

- **Affected Residential Students:** If you are remaining in the residence halls by exception, stay in your room as much as possible, self-observe your condition and practice social distancing for 14 days after travel or contact. Changing circumstances may require on-campus quarantine or departure from campus. (Note: most students will be required to move off campus, and most in person classes are being converted to alternative or e-delivery.)
- **Affected Non-Residential Students:** Do not come to campus.

Affected Employees

- Stay home from work and self-observe for 14 days after travel or contact. Employees may be assigned to work at home, or be placed on paid administrative leave or sick leave, if ill. [Additional guidance for employees and supervisors](#) has been provided by Human Resources.

Affected Visitors

- Visitors, including attendees at museums, libraries, events, conferences and gatherings, are asked to self-identify and stay away from campuses, events or gatherings during the 14-day period after travel or contact. University employees and students are encouraged to explore options for

visitors to participate in meetings and conferences electronically.

What should you do if you are ill and are confirmed to have COVID-19, have traveled in a high-risk area, or have been in close contact with someone confirmed to have COVID-19?

You Must:

Seek and follow medical advice;

- Students who are away from campus should not return until cleared medically. If you are living on campus, notify your Residence Life or on-campus housing office.
- Employees must alert their supervisors and not return to work until medically cleared.

What if I am planning personal travel to an area with active COVID-19 cases?

Be mindful of possible travel disruptions as well as possible restrictions on return. We have set up a [secure online form](#) for students and employees to use to let us know if they have traveled to a region with active cases or think they may have been exposed some other way.

Remember – if you have other illnesses such as colds or flu, simply stay home!

Definitions

Communities with “community transmission

There is presently no CDC listing of U.S. communities experiencing community transmission. However, the following Johns Hopkins University site provides useful information. At this point UA does not regard deplaning and reboarding entirely within the Sea-Tac Airport as traveling from a community experiencing community transmission. Travelers should use their best judgment in assessing whether the communities they have visited are experiencing community transmission, erring on the side of caution.

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Close contact

Close contact is defined as—

- a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case; or
- b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

Self-observation/self-observe

Self-observation means people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

Social distancing

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.