



University of Alaska COVID-19 policy guidance Travel and Community Entry Restrictions

Updated 3/14/20 – 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 outside Alaska for university business is prohibited.
- Until further notice, UA is suspending all university-related travel to rural villages to minimize risks to those communities. This decision was made after considering requests from rural communities and tribal governments.

Inbound/Return Travel Restrictions/UA Community Entry 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 ANY location outside Alaska, foreign or domestic, 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?

- The university now requires ALL travelers returning from areas subject to CDC Level 3 travel advisories to comply with specific precautions set out by CDC – all travelers must check the following site and comply before returning to UA:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
- Unless otherwise directed by UA, addressed above, or the appropriate health authorities, the following applies:

Students

- **Affected Residential Students:** If you are remaining in the residence halls by exception, stay in your assigned 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 moves, quarantines, or even departure from campus. (Note: most students are being 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

- Make arrangements with your supervisor to stay home from work and for any needed materials or items. 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 you either: are confirmed to have COVID-19; or 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 residence life.
- Employees must alert their supervisors and not return to work until medically cleared.

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

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

Travel outside Alaska is discouraged, since the illness is spreading even in the US. You may not be able to return, and will be subject to self-quarantine.

Definitions

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.