



## UMMS Travel Policy

Updated January 20, 2021

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This travel policy pertains to UMass Medical School employees, students, vendors and visitors who are currently on campus or planning to return to campus within 14 days of return from travel.

Travel can significantly increase the risk of getting and spreading the virus that causes COVID-19. Individuals may be exposed to those with COVID-19 on public transportation, ride shares/taxis, trains and airplanes and at bus or train stations and airports. Travel often exposes people to those outside of their 'social bubble.' A negative COVID-19 PCR test result prior to travel or on arrival does not ensure that visiting others is safe, as false negative results can occur during the incubation period.

**There will be no change to our current COVID-19 related policies, which include guidelines on masking, physical distancing, hand hygiene, travel guidance and surveillance testing, based on COVID-19 immunization status.**

Those who have been vaccinated **must** continue to follow all UMMS COVID-19 safety protocols, including travel policies, masking and physical distancing.

COVID-19 mRNA vaccines have been shown to reduce illness in vaccinated individuals. No data exist to support whether individuals immunized with these vaccines can be infected, and whether they can asymptotically shed virus to others.

**University-sponsored domestic and international travel continues to be prohibited through at least March 31, 2021.** This travel prohibition may be extended, depending on COVID-19 conditions.

Personal travel, travel by air and international travel are all highly discouraged. For those who do travel internationally, be aware that foreign nationals may not be permitted to reenter the United States if their travel in the previous 14 days has included a stop in a long list of countries, including most of Europe (including the UK and Ireland), China and Brazil. In addition, [as of January 26, 2021, the CDC will require a negative COVID-19 PCR test](#) from anyone boarding a flight to the U.S. from abroad.

Travel guidance evolves and is expected to continue to change in the coming weeks. All travelers should continue to monitor the [UMMS Travel Policy](#) web page, [state and territorial health department websites](#) and the [CDC website](#) prior to and during travel as policies may rapidly change. Please check the [UMMS coronavirus website](#) regularly for guidance and ensure that you read all email communications from the UMass Medical School regarding any travel.

Employees or students who develop symptoms in the 14 days following return from travel should contact Employee Health Services (508-793-6400) or Student Health Services (508-334-2818).

## Travel Forms and Post-Travel COVID-19 Testing and Quarantine Guidance

The travel policy employees and students should follow is determined by work site.

**UMMS employees who are or plan to be on site in any UMMS building, clinical research site or DMH site, including those returning to work and new hires:**

- Must follow the [Massachusetts Travel Order](#) and complete the Massachusetts Travel Form prior to travel to higher risk states.
- Must fill out the [UMMS travel form](#) prior to any out-of-state travel. Employees are expected to obtain approval from their supervisor/manager/department chair (e-mail address required) prior to domestic travel outside of New England and New York; any air travel or any international travel. The supervisor/manager/department chair will be notified of travel to New England and New York but approval is not required. A copy of the travel form will be sent to the traveler, to UMMS Infection Control and to the supervisor whose email address you provide.
- Return from travel to New York and New England (Connecticut, New Hampshire, Vermont, Maine, Rhode Island) follows the guidance in the [Massachusetts Travel Order](#), which requires a negative COVID-19 test result from a test that has been administered no more than 72 hours prior to arrival in Massachusetts. If your COVID-19 test result has not been received prior to arrival, you must quarantine until you receive a negative test result.
- **Policy change:** For travelers returning from states other than Connecticut, Maine, New Hampshire, New York, Rhode Island or Vermont, COVID-19 PCR testing is to be obtained upon return and again on day 7 or later.
- **Policy change:** You may pick up and drop off test kits in the Faculty Conference Room on the Worcester campus (no on-site swabbing permitted during quarantine). Badges will no longer be deactivated, but entry into the school during travel quarantine is permitted only for purposes of obtaining testing.
- Returnees are expected to quarantine with no on-campus activities for the next week, other than COVID-19 PCR testing. Work must be done remotely during this time.
- An alternative to testing is a 10-day quarantine period. This option should be used for those employees who come to campus at least once a week.
- You may return to campus if the initial test and the repeat COVID-19 PCR test on day 7 or later are negative and no symptoms of COVID-19 have developed. Email Theresa Kane ([theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu)) for return- to-work clearance following travel.
- Individuals who commute from neighboring states at least once per week or who drop off/pick up children from school are exempt from testing as well as quarantine. See the [Massachusetts Travel Order](#) for details.

**UMMS employees, including residents and dually-employed physicians planning to return from travel from higher risk states to clinical care sites, including UMMHC University, Memorial or Hahnemann campuses and outpatient clinics:**

- Must follow the [Massachusetts Travel Order](#).

- Must fill out the [UMMHC Travel form](#) for travel to any state that is not lower risk in advance of travel and submit the form to EHS prior to travel at [Employee Health COVID-19 mailbox@umassmemorial.org](mailto:Employee_Health_COVID-19_mailbox@umassmemorial.org)
- Must have a negative COVID-19 test result from a test that has been administered no more than 72 hours prior to arrival in Massachusetts. If your COVID-19 test result has not been received prior to arrival, you must quarantine until you receive a negative test result. Please see instructions on the HUB at COVID-19-> Information for our Caregivers Systemwide->Employee and Human Resources Information ->Employee Travel Form.
- You may obtain a test through the clinical laboratory (instructions are in the UMMHC Travel Policy). Alternatively, you may test off-site, or pick up and drop off test kits in the Faculty Conference Room on the Worcester campus (no on-site swabbing permitted during quarantine). Badges will no longer be deactivated, but entry into the school during travel quarantine is permitted only for purposes of obtaining testing.
- You may not report to work until a negative result is obtained and submitted to EHS, followed by clearance by EHS to return to work.
- Health care workers working in a clinical setting and vendors performing essential infrastructure work (as determined by UMass Medical School) are required to follow the UMMHC Travel Policy. Self-monitoring and reporting of symptoms in the 14 days after travel is required.

#### **Dually-Employed Physicians and Residents/Fellows:**

- Dually-employed physicians and residents/fellows who travel must complete the UMMHC form. If they return to non-clinical sites, they must also complete the [UMMS travel form](#) and are expected to quarantine from those areas until they obtain a negative COVID-19 PCR at day 7 as above.

#### **UMMS Students:**

- Students from all three schools (SOM, GSN, GSBS) must follow the UMMS Travel Policies but are also required to fill out the [Student Travel Form](#). Additional information is available [here](#).

## Important information about personal travel

- Employees and students working in non-clinical sites should notify their supervisor of travel plans when requesting time off. If quarantine is needed, they should contact Theresa Kane, Employee Health Services or Student Health Services near the end of their quarantine for approval to return to work.
- Employees working at clinical sites should notify their supervisor of travel plans when requesting time off and must receive clearance from EHS to return to work.
- Your first day of return to Massachusetts is designated as day zero. For those who opt to quarantine with testing, the initial test may be obtained no more than 72 hours prior to arrival, and a second test should be obtained on day 7. Upon receipt of the second negative PCR test result, or on day 10 for those who choose to quarantine without testing, you must email copies of your two negative test results to Theresa Kane ([theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu)) and request clearance to return-to-work.

- Post-travel COVID-19 PCR testing and clearance are only available Monday through Friday. Only results from regular COVID-19 PCR tests will be accepted; rapid PCR or antigen/antibody tests will not be accepted for the purpose of being cleared to return to work following travel.
- If you have had symptomatic COVID-19 in the 90 days prior to return from travel, please email Theresa Kane ([theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu)) or [infection.control@umassmed.edu](mailto:infection.control@umassmed.edu).