



UMMS Travel Policy

Updated April 16, 2021 (clarification to April 9, 2021 update)

Who needs to follow the UMMS Travel Policy

This travel policy pertains to UMMS employees, students, vendors and visitors who are currently on campus or planning to return to UMMS work sites within 14 days of return from domestic or international travel. Remote employees no longer need to submit a Travel Form but are expected to follow the [MA Travel Advisory](#) as well as CDC [domestic](#) and [international](#) travel guidelines.

Employees and students returning to Massachusetts after being out-of-state for fewer than 24 hours are exempt from the UMMS Travel Policy and do not need to submit a Travel form or obtain COVID-19 PCR testing. **Vendors and visitors who are not fully vaccinated and entering Massachusetts for less than 24 hours are expected to obtain a negative COVID-19 PCR obtained within 72 hours of arrival into Massachusetts and may be required to present it to their host if requested** (please note: vendor/visitor policy differs from the MA Travel Advisory).

Why we need a travel policy

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

COVID-19 vaccines and travel risk

The Pfizer and Moderna COVID-19 mRNA vaccines and the Johnson & Johnson vaccine reduce infection and illness in vaccinated individuals. It is unknown if fully vaccinated individuals can asymptotically transmit virus to infect others. All travelers, whether vaccinated or not, **must** continue to follow COVID-19 mitigation recommendations, including masking, distancing and good hand hygiene during travel, as outlined by the [U.S Centers for Disease Control and Prevention](#) (CDC).

Personal Travel

We continue to strongly discourage personal and work-related travel as there are still risks related to COVID-19 variants becoming more prevalent, and vaccine efficacy related to these variants remains uncertain.

University-sponsored travel

University-sponsored [domestic](#) travel is allowed with prior approval from your supervisor and adherence to the Massachusetts Travel Order. University-sponsored

international travel may be permitted on a case-by-case basis and requires pre-approval from the Office of the Provost.

How the UMMS Travel Policy has changed

- All fully vaccinated UMMS employees and students, vendors and visitors are required to adhere to the [CDC Travel Requirements](#) for international travel.
- Incompletely vaccinated or unvaccinated UMMS employees and students whose work requires them to interact with patients will need to quarantine for 14 days upon return from international travel.
- The UMMS employee and student Travel Forms no longer needs to be submitted by remote-working employees. (See 'Travel Forms' below for details.)
- Employees and students returning to Massachusetts after being out-of-state for fewer than 24 hours are exempt from the UMMS Travel Policy and do not need to submit a form or obtain COVID-19 PCR testing. Vendors and visitors who are not fully vaccinated and are entering Massachusetts for less than 24 hours are expected to obtain a negative COVID-19 PCR obtained within 72 hours of arrival into Massachusetts and be able to present it to their host if requested (please note: vendor/visitor policy differs from the MA Travel Advisory).

Testing and quarantine guidance for fully vaccinated individuals

Please note that someone is considered fully vaccinated 14 days after receiving the Johnson & Johnson vaccine or 14 days after receiving the second dose of the Moderna or Pfizer vaccine.

Individuals who travel for work or personal reasons who are fully vaccinated* or are within 90 days of contracting COVID-19 at the time of departure for travel no longer need to quarantine or be tested prior to returning to work from domestic or international travel.** If you are fully vaccinated prior to travel:

- You must complete and submit the appropriate Travel Form prior to travel (see below)
- If you are asymptomatic after travel, you may return to work without first getting a COVID-19 test.
- You must be tested for COVID-19 3-5 days after return from travel, but as long as you remain asymptomatic you may continue to work while awaiting the result.
- If you have had COVID-19 infection in the last 90 days, you do not need testing upon return.
- For international travelers, CDC requires a negative COVID-19 test no more than 3 days before you board an airplane or documentation of recovery from COVID-19 in the past three months (proof of a recent positive viral test and a letter from your healthcare provider or a public health official stating that you were cleared to travel).
- If you test positive for COVID-19 during your trip, or if you develop symptoms in the 14 days following return from travel, do not come to work and contact

Employee Health Services (508-793-6400) or Student Health Services (508-334-2818).

*Vaccinated employees should send a copy of their vaccine record to theresa.kane@umassmed.edu and indicate whether they received the vaccine through UMass Memorial or elsewhere. For those who received vaccine elsewhere, they should also forward a copy of their record to employeehealth.covid19@umassmemorial.org.

Students who received vaccine elsewhere should send a copy of their vaccine record to StudentHealth@umassmemorial.org.

**Employees and students who have not previously informed EHS or SHS of their positive COVID test should contact with a copy of their COVID-19 test result with subject line RE: Travel and COVID test

Individuals who are incompletely vaccinated (have not completed their vaccination series or are not two full weeks past vaccination at the beginning of their trip) at the time of departure or unvaccinated traveling domestically for work or person reasons:

- Must complete and submit the appropriate Travel Form prior to travel (see below)
- Upon return from travel must either: (1) quarantine for 10 days after travel or (2) have a COVID-19 PCR test performed within 72 hours of return-to-work. Antigen tests and rapid COVID-19 PCR tests are not acceptable. If your COVID-19 test result has not been received prior to arrival, you must quarantine until you receive a negative test result. Please submit test results and, if asymptomatic, obtain clearance for return to work from theresa.kane@umassmed.edu
- If you tested positive for COVID-19 within 90 days of travel, are asymptomatic and have been cleared from isolation by a healthcare provider or public health agent, you are not required to quarantine or test to return to work.
- Employees and students returning to Massachusetts after being out-of-state for fewer than 24 hours are exempt from the UMMS Travel Policy and do not need to submit a form or obtain COVID-19 PCR testing. Vendors and visitors who are not fully vaccinated and are entering Massachusetts for less than 24 hours are expected to obtain a negative COVID-19 PCR obtained within 72 hours of arrival into Massachusetts and be able to present it to their host if requested (please note: visitor policy differs from the MA Travel Advisory).
- If you commute from states that border Massachusetts at least once per week, or if you drop off/pick up children from college in a neighboring state, you are exempt from testing and quarantine. See MA Travel Order FAQs for details.
- If you test positive for COVID-19 during your trip or you develop symptoms in the 14 days following return from travel, do not come to work and contact Employee Health Services (508-793-6400) or Student Health Services (508-334-2818).

Individuals who are incompletely vaccinated (have not completed their vaccination series or are not two full weeks past vaccination at the beginning of their trip) or unvaccinated at the time of departure who are traveling internationally (including Puerto Rico, the U.S. Virgin Islands and other U.S. Territories) for work or personal reasons:

- Must complete and submit the appropriate Travel Form prior to travel (see below)
- If your work requires you to interact with patients, you will need to:
 - Quarantine for 14 days upon your return
 - Obtain a COVID PCR test 3 – 5 days after your return
- If you do not interact with patients, you will need to:
 - Quarantine for seven days
 - Obtain a COVID PCR test 3 – 5 days after your return
- CDC requires a negative COVID-19 test from all returning travelers (regardless of vaccine status) no more than 3 days before boarding an airplane or documentation of recovery from COVID-19 in the past three months (proof of a recent positive viral test and a letter from your healthcare provider of a public health official stating that you were cleared to travel).
- A negative COVID-19 test prior to or upon return does not change the need to complete the quarantine period.
- Please submit COVID-19 test results and, if asymptomatic, obtain clearance for return to work from theresa.kane@umassmed.edu
- If you test positive for COVID-19 during your trip or you develop symptoms in the 14 days following return from travel, do not come to work and contact Employee Health Services (508-793-6400) or Student Health Services (508-334-2818).

Travel Forms

Before out-of-state travel lasting more than 24 hours or any international travel, employees and students must complete a travel form. The travel policy to follow and form to complete is determined by the work site.

- UMMS employees working on site in medical school buildings, clinical research sites, or DMH facilities should use [this travel reporting form](#). Remote-working UMMS employees no longer need to complete this form.
- UMMS employees working in UMass Memorial clinical care settings should complete the UMass Memorial [form](#) and email it to [Employee Health COVID-19 mailbox@umassmemorial.org](mailto:Employee_Health_COVID-19_mailbox@umassmemorial.org).
- Dually-employed physicians, residents, fellows and other healthcare staff working in a clinical setting and vendors performing essential infrastructure work (as determined by UMMS) are required to follow the UMMHC Travel Policy and complete the UMass Memorial [form](#). If they return to non-clinical sites, they must also complete the [UMMS travel form](#) and are expected to follow the UMMS policies for those sites.

- Students should complete the [student travel form](#).

How to obtain a COVID-19 PCR test upon return

You may pick up a COVID-19 test kit prior to travel and drop off your test kit at the Medical School test site. On-site swabbing is not permitting during quarantine, and entry into the school during quarantine is permitted only to drop off a test kit. Clinical employees may choose to obtain a test through the UMMHC clinical laboratory (see UMMHC Travel Policy for details). Regular (not rapid) COVID-19 PCR testing from other Broad Institute sites, Stop-the-Spread sites, UMMHC clinical laboratory and Quest are acceptable. Antigen, antibody or rapid PCR tests are not acceptable.

Know the current travel guidance

All travelers should monitor the [UMMS Travel Policy, federal](#) , [state and territorial health department websites](#) prior to, during and after travel as policies may change at any time. Please carefully read all email communication from the school regarding personal and school-related travel.

Health and safety precautions

Everyone – vaccinated or not – must continue to follow all COVID-19 safety protocols.

- If COVID-19 symptoms develop at any time, stay home, call Employee Health Services at (508) 793-6400 or Student Health Services at (508) 334-2818.
- Stay physically distant when possible.
- Wash your hands frequently.
- Always wear a mask, indoors and outdoors while on campus, even in elevators, parking garages and when waiting for the garage shuttles. The only time you may remove your mask is when you are alone in your office.
- Continue weekly COVID-19 surveillance testing if you are on campus two or more days a week.