

Travel - Updated 9/10/2021

Follow CDC guidelines. The CDC guidelines can be found at: [Travelers' Health | CDC](#) which are subject to change.

Current International Travel During COVID-19 - [International Travel During COVID-19 | CDC](#)

- a. [The CDC states the following on this website:](#) “The COVID-19 situation, including the spread of new or concerning variants, differs from country to country. All travelers need to pay close attention to the conditions at their destination before traveling.” COVID-19 Travel Recommendations by Destination is found at [COVID-19 Travel Recommendations by Destination | CDC](#) . Here you will find current conditions, by country.
- b. The CDC recommends that you do not travel internationally until you are fully vaccinated. All air passengers coming to the United States, including U.S. citizens and fully vaccinated people, are required to have a negative COVID-19 viral test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.

International Travel – Vaccinated

- c. If you are vaccinated, and you have no symptoms, you may return to work if you receive a negative PCR test 3-5 days after travel.

International Travel -Unvaccinated

- d. If you are not vaccinated, and you have no symptoms, you may return to work if you receive a negative PCR test 3-5 days after travel and you have self-quarantined for a full 7 days after travel, or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States
 - If you don't get tested, stay home and self-quarantine for 10 days after travel. If no symptoms, you may return to work after 10 days.
 - If they develop symptoms during self-quarantine, they must get tested. PCR test only one accepted. No rapid or home test.
 - If they test negative, they can come back to work at the end of the self-quarantine period, 7 days.
 - If they test positive, they can return to work once 24 hours have passed since complete recovery and 10 days have passed since symptoms first appeared. They do not need to test again to return to work.

Domestic Travel -CDC website [Domestic Travel During COVID-19 | CDC](#)

- e. Delay travel until fully vaccinated. If you are not fully vaccinated and must travel, follow CDC's recommendation for unvaccinated people.

Domestic Travel – Vaccinated

- f. If you are fully vaccinated, and you have no symptoms you may return to work immediately
- g. Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - i. If they test negative, they can come back to work at the end of the self-quarantine period, 7 days.
 - ii. If the test is positive, isolate yourself to protect others from getting infected.
 - iii. If they test positive, they can return to work once 24 hours have passed since complete recovery and 10 days have passed since symptoms first appeared. They do not need to test again to return to work.

Domestic Travel – Unvaccinated

After you travel:

- h. Get tested with a PCR 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.
 - Even if you **test negative**, stay home and self-quarantine for the full 7 days.
 - If your **test is positive**, [isolate](#) yourself to protect others from getting infected.
 - If **you don't get tested**, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

Definitions and other information

- **Close Contact** - within 6 feet of someone who is positive for Covid19 for a cumulative total of 15 minutes or more over a 24-hour period
- **COVID-19 symptoms** – per CDC can include fever (more than 100.3°F), loss of smell or taste, cough, muscle aches, sore throat, shortness of breath, chills, new or unusual headache, nausea, vomiting, diarrhea
- **Complete Recovery from COVID-19** – not exhibiting any of the above symptoms listed under COVID-19 symptoms
- **Self-Quarantine** - The timeframe for self-quarantine is 14 days following the last day of exposure to a patient with COVID-19, to ensure that the contact does not get sick themselves and spread the virus to others.
- **Delta variant**- watch for cough, runny nose, sneezing, headache and sore throat
- **Quarantine** - If a person is sick or being tested for COVID-19 they must stay home and notify the school administrator. If a household member of a diocesan employee/student has tested positive, all diocesan employees/students in that household must quarantine per exposure guidelines
- **CDC & Department of Health Jurisdiction** - The CDC indicates that the local health departments make final decisions on quarantines. The county health department may offer specific guidelines which differ from the diocese
- **Covid Testing Requirements** - COVID-19 PCR test **is required** by the diocese when testing is necessary. The rapid or home test will not be accepted. In the case of an exposure, testing must be done after 5 days from the exposure
- **Fully Vaccinated** – Currently, a person that can provide proof that they have completed the vaccine series - if Moderna or Pfizer 2 weeks has passed since the second shot was given - when they receive a Johnson & Johnson shot, it is only one dose, and two weeks have passed since shot given.
- **COVID-19 within past 90 days** – needs to provide verification of previously tested positive for COVID-19