



## **UMMS Travel Policy**

Updated March 16, 2021

### **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 travel.

### **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 illness in vaccinated individuals. Limited data suggest the Pfizer vaccine also reduces transmission. Individuals immunized with these vaccines can still be infected, but it is unknown if they 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**

Personal domestic and international travel is highly discouraged.

### **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**

Effective March 15, 2021, all UMMS employees and students are required to adhere to the [Massachusetts Travel Order](#) for domestic travel and [CDC Travel Requirements](#) for international travel. A UMMS and/or UMMHC Travel Form must also be completed prior to travel. (See 'Travel Forms' below for details.)

### **Testing and quarantine guidance following domestic travel**

Upon return, follow the [Massachusetts Travel Order](#).

Fully vaccinated individuals traveling to a higher-risk state are not required to quarantine or test prior to return to work but are expected to obtain a COVID-19 PCR test within 24 hours of return to work and to resume weekly testing thereafter. 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.

Employees/students who received their vaccine through EHS do not need to verify their vaccine status. Employees who received vaccine elsewhere should send a copy of their vaccine record to [theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu) and to [employeehealth.covid19@umassmemorial.org](mailto:employeehealth.covid19@umassmemorial.org).

Students who received vaccine elsewhere should send a copy of their vaccine record to [StudentHealth@umassmemorial.org](mailto:StudentHealth@umassmemorial.org).

Unvaccinated or partially vaccinated individuals traveling to a higher-risk state must have a negative COVID-19 PCR test result for a test that has been administered up to 72 hours prior to arrival in Massachusetts or upon arrival; test results must be submitted to [theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu). 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.

If you tested positive for COVID-19 within 90 days of travel, are asymptomatic and have been cleared from isolation, you are not required to quarantine or test to return to work are not required to immediately test after returning to work.

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 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).

### **Testing and quarantine guidance following international travel**

Upon return, follow the [CDC Travel Requirements](#).

All international travelers returning by air - regardless of vaccine status - must have a negative COVID-19 test or documentation of recovery from COVID-19 prior to boarding. You must also obtain a COVID-19 test 3-5 days after return and submit the test result to [theresa.kane@umassmed.edu](mailto:theresa.kane@umassmed.edu).

Quarantine for 7 days and if asymptomatic, obtain clearance from Theresa Kane prior to return to work on day 8. Work during quarantine is encouraged but must be done remotely.

Alternate to testing is a 10-day quarantine. This option should mainly be used for those employees who come to campus less than once a week.

Be aware that foreign nationals may not be permitted to re-enter 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, China and Brazil. [CDC requires a negative COVID-19 test](#) prior to boarding a flight to the U.S. from abroad.

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).

### **Travel Forms**

Before any out-of-state 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, DMH facilities or remotely should use [this travel reporting 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 permitted 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). COVID-19 PCR testing from other Broad Institute sites, Stop-the-Spread sites, CVS 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.