**Travel Guidance for TGH Team Members**

As summer approaches, many TGH team members are asking if TGH will require a 14-day self-quarantine upon return from travel. In some cases, the answer is yes. That’s why we have prepared this Team Member Travel Guidance along with [**FAQs and CDC Tips for Travel**](https://wwwnc.cdc.gov/travel) to assist you. We understand that some travel is necessary, especially in the case of family emergencies and we do not want to inconvenience anyone. However, the COVID-19 pandemic is still an on-going situation and any travel increases your risk of acquiring a COVID-19 infection and spreading the illness to others.

Our travel restrictions are designed to protect your safety, and the safety of other team members, physicians and patients. The reasons for these restrictions include:

* The spread of the virus is unpredictable.
* Our low infection rate could make us vulnerable because relatively few have built up any immunity.
* There is no vaccine against COVID-19.
* TGH travel guidance is based on our best scientific knowledge.

These travel guidelines were developed in consultation with our Infectious Disease physicians and in accordance with current federal, state and local health department guidelines. In addition, we have included CDC tips and guidance on travel at the end of this document.

**TGH Travel Requirements and Guidelines**

**The following guidelines are in effect as of May 14, 2020 and apply to all travel, regardless of the reason, including family emergencies, summer vacation, events and/or conferences.**

* All team members requesting **out-of-state travel** must complete a Travel Request no more than 60 days in advance of the travel. The Travel Request is located on the portal under “[MyStuff: Team Member Health](https://tampageneral.sharepoint.com/EmployeeHealth/SitePages/Travel%20Request.aspx)”. A Team Member Health nurse will review the travel request and contact the team member within one week to determine if self-quarantine and/or testing will be required upon return. Team members with questions should call the COVID-19 hotline at 813-844-8633.
* Team members can travel by air, car, bus, train following the requirements in this guideline. **In-state travel** is permitted.
* A **14-day self-quarantine** will be required after the following occurs:
  + TGH team members returning from international travel or from a cruise.
  + TGH team members returning from a state/area that is under quarantine requirements by Florida Executive Order. Currently these states are: Louisiana, New Jersey, New York and Connecticut.
  + TGH team members who travel to other areas that are considered COVID-19 “hotspots” or areas in which COVID-19 is actively spreading may be required to self-quarantine upon return and/or have a PCR swab test for COVID-19. These areas may change week to week. [Click here to view the CDC map of COVID-19 cases by state and county.](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html?state=FL)
  + TGH team members who were exposed to a person diagnosed with COVID-19 during their travel will be required to self-quarantine for 14 days, beginning with the last day of contact with the infected person and are required to inform the COVID-19 hotline.
* TGH team members who are required to self-quarantine **must use their ATO during this time** and must be cleared by the Team Member Health Clinic to return to work.
* All persons returning from travel must report any symptoms (cough, difficulty breathing, fever, chills, congestion) that occur within 14 days of return to the COVID-19 hotline.
* We recommend that you do not plan a trip that involves close contact with large groups of people (over 10).
* We encourage you to wear a mask in all public places.
* Please remember that these requirements can change at any time, as COVID-19 evolves in different areas, and we cannot guarantee that you will not be required to self-quarantine upon return from your travel.
* If, during your travel, your itinerary or travel information changes from the information you provided to the COVID-19 hotline, it is your responsibility to contact the COVID-19 hotline upon your return.

**Helpful Travel TIPS for TGH Team Members from CDC**

The COVID-19 outbreak in the United States is a rapidly evolving situation and the status of outbreaks varies by location and states are updating their guidance frequently. Cases of COVID-19 have been reported in all states, and some areas are experiencing community spread of the disease. Travel increases your risk of contracting and spreading COVID-19.

CDC still recommends that you stay at home as much as possible and practice social distancing. Traveling to visit friends and family increases your chances of contracting and spreading COVID-19. Staying in temporary accommodations (hotels, motel, rental property) may expose you to the virus through person to person contact and possibly through contact with contaminated surfaces and objects.

CDC recommends that prospective travelers keep an eye on the number of COVID-19 cases in the destination they plan on visiting and not traveling there if COVID-19 is actively spreading. As businesses reopen and restrictions on movement ease up, people should still be aware of social distancing measures and safety while on the road.

**If you *must*travel, consider the following risks you might face, depending on what type of travel you are planning:**

* **Air travel***:*Because of how air circulates and is filtered on airplanes, most viruses and other germs do not spread easily on flights. However, there may be a risk of getting COVID-19 on crowded flights if there are other travelers on board with COVID-19.
* **Bus or train travel***:*Sitting or standing within 6 feet of others for a prolonged period can put you at risk of contracting or spreading COVID-19.
* **Car travel***:* The stops you need to make along the way could put you and others in the car with you in close contact with others who could be infected.
* **RV travel***:* Traveling by RV means you may have to stop less often for food or bathrooms, but RV travelers typically stop at RV parks overnight and other public places to buy gas and supplies. These stops may put you and those with you in the RV in close contact with others who could be infected.

**If you must stay in a hotel, motel, rental property or campground:**

* Take the same [steps](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html) you would in other public places—for example, avoid close contact with others, wash your hands often, and wear a cloth face covering.
* When you get to your room or rental property, [clean and disinfect](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html) all high-touch surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets.
  + Bring an EPA-registered disinfectant and other personal [cleaning supplies](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html), including cloths and disposable gloves.
* Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.
* Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities at campsites or along the trails. This is because it is possible for someone to have COVID-19 and spread it to others, even if they have no symptoms. Exposure may be especially unsafe if you are at [higher risk for severe complications from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html) and are planning to be in remote areas, far away from medical care.

**Questions about Travel? Please call the COVID-19 Hotline at 813-844-8633**