



CDU Staff and Faculty Travel Guidelines

Maintaining health and safety is essential. These guidelines pertain to university-related trips and personal travel that may impact access to campus.

University-Related Travel

As data monitoring of the COVID-19 pandemic continues, university-related domestic and international travel has been suspended until further notice.

Personal Travel

The Center for Disease Control (CDC) and Los Angeles Department of Public Health (LADHS) state that travel increases the risk of getting infected and spreading COVID-19, so staying at home is the best protection against the virus. These agencies have also published relevant factors to consider as part of any planning.

Things to consider before U.S. travel

- 1) Is COVID spreading where you are traveling that puts you at risk of contracting the virus?
- 2) Is COVID spreading in your community and you may risk spreading the virus while traveling, even if you have no symptoms?
- 3) Will you or any travel companion(s) be able to stay at least 6 feet from others during and after the trip?

Health and safety protocols to safeguard against COVID-19 during travel are available from the CDC.

International Travel

The things to consider before domestic travel also apply internationally. Additionally, the U.S. government has restricted re-entry of foreign nationals returning from select countries, and established requirements such as enhanced medical screenings, and (possible) self-quarantine for U.S. citizens returning from these selected areas.

Reference the Department of Homeland Security website (link below) for complete information on international travel advisories and restrictions. Fully comply with any federal, state or local government quarantine directives before returning to the CDU campus.

Returning From Travel

It is recommended that upon return from domestic or international travel, individuals (except those under a government quarantine) self-isolate for a period of 14 days and monitor their health for COVID symptoms. An exception is, if after returning from travel for at least five days, an individual tests for COVID-19 with negative results, which eliminates the 14 day isolation recommendation. Call a health care provider immediately if COVID-19 symptoms appear or you feel ill. Contact Delia Santana, Campus Nursing Officer, deliasantana1@cdrewu.edu for further guidance.

References and Resources

<http://www.publichealth.lacounty.gov/media/Coronavirus/docs/about/FAQ.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

<https://www.dhs.gov/news/2020/03/17/fact-sheet-dhs-notice-arrival-restrictions-china-iran-and-certain-countries-europe>