

November 13, 2020

RE: Personal travel recommendations during COVID

Dear PREC personnel:

As the holidays are approaching, some of us will be traveling long distance, in particular flying, or joining large family/social gatherings. While WSU has no policy regarding returning to work after such personal events/travel, we need to consider the impact this will have on those at PREC who remain in small social circles due to health concerns. This is especially important as COVID-19 cases are on the rise in the U.S.

We have the following recommendations for those who travel long distance and/or are exposed to other people outside of their regular social pod:

Upon return to your home, self-quarantine for 5 days, then test, then return to work at PREC if test result is negative;

When you contact your healthcare provider for testing, explain your recent travel status and exposure concerns surrounding close contact with people of unknown COVID status; or

Self-quarantine for 14 days since your last close contact with people outside your normal social pod.

Please note the 5 day recommendation is based on what our local health department is currently saying is the optimum time to wait to enable the virus to reach a detectable level if a person was exposed at the very end of their trip. Also, wherever you are, please continue to follow all the health guidelines to protect yourself against infection, in particular wear a mask and wash your hands frequently.

When you make your travel plans, please take into consideration the time needed upon your return before coming back to PREC. You may want to prepare to work at home those days, please discuss in advance with your supervisor. Also please let your supervisor know if you have any questions regarding this request for self-monitoring your health status before returning to PREC. And again, I ask everyone to keep in mind the health and wellbeing of all of those at PREC when making your decisions.

Thank you,

