

Updated Coronavirus Guidelines for SAU Faculty and Staff Effective May 15, 2020

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

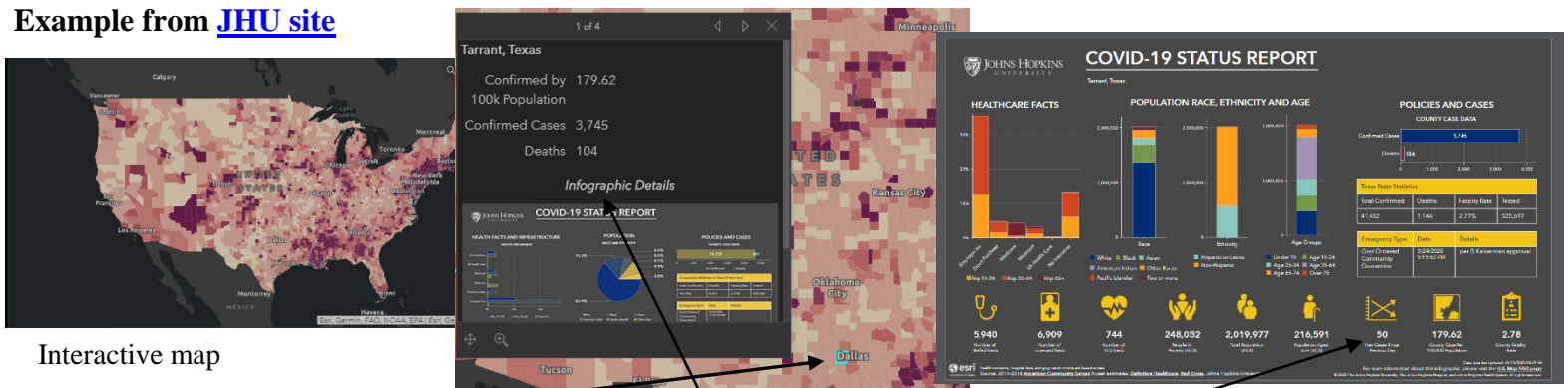
The COVID-19 outbreak in United States is a rapidly evolving situation. The status of the outbreak varies by location, and state and local authorities are updating their guidance frequently.

Cases of coronavirus disease (COVID-19) have been reported in all states, and some areas are experiencing community spread of the disease. Travel increases your chances of getting and spreading COVID-19. **The CDC recommends you [stay home](#)** as much as possible, especially if your trip is not essential, and **[practice social distancing](#)** especially if you are at **[higher risk of severe illness](#)**. **Do not travel if you are sick** and do not travel with someone who is sick.

Mandatory SAU Procedures

- If you exhibit [Coronavirus symptoms](#) you must report those to University Health Services (UHS), at 870-235-5237 or uhs@saumag.edu, notify your supervisor, and follow guidance provided by UHS until symptoms are no longer present, which may include self-quarantine. Do not come to campus until cleared by UHS.
- Symptomatic reporting is required whether working on campus or working remotely.
- Follow the travel guidance provided by the CDC, posted below for your convenience.
- Travel to certain regions should still be avoided. These are defined as regions in which reports indicate continued upward trends of positive cases. Please use the [interactive map](#) provided by Johns Hopkins University (JHU), which is updated daily and is searchable not only by state but by each county in the US. Check the map every day for several days prior to travel. *Note that the colors on the map indicate standard deviation and are not indicative of cases. See example below.*
- If travel is essential to an area where positive cases continue trending upward according to the JHU data, you must contact UHS and report the travel when concluded. Do not come to campus until cleared by UHS.
- Follow CDC and UHS guidance for both your and others wellbeing.
- Failure to comply with mandatory procedures meant to mitigate the spread of COVID-19 to the campus of SAU may result in disciplinary action within SAU employment guidelines.

Example from [JHU site](#)



Interactive map

Choose county by highlighting on map or typing in search bar

Click on infographic details

View number of cases since previous day

CDC Guidance to mitigate the spread of COVID-19

Travel for Essential Errands (within your local area)

As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to safely run essential errands to meet basic household needs, like:

- Grocery shopping
- Getting delivery or takeout food
- Banking
- Getting gasoline
- Going to the doctor or getting medicine

CDC provides advice about how to meet these [essential household needs](#) in a safe and healthy manner.

Shopping for food and other household essentials

- **Stay home if sick.** Avoid shopping if you are sick or have symptoms of COVID-19, which include a [fever, cough, or shortness of breath](#).
- Order food and other items online for home delivery or curbside pickup if possible.
- Only visit the grocery store or other stores selling household essentials in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.
- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at [higher risk for](#) severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk [for severe illness](#) include adults 65 or older and people of any age who have serious underlying medical conditions.
- [Disinfect](#) the shopping cart; use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- After leaving the store, use hand sanitizer.
- When you get home, wash your hands with soap and water for at least 20 seconds.
- Follow food safety guidelines: [clean, separate, cook, chill](#). There is no evidence that [food or food packaging](#) has been linked to getting sick from COVID-19.

Accepting deliveries and takeout orders

- Pay online or over the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

Banking

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Getting gasoline

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol.
- Wash your hands for at least 20 seconds when you get home or somewhere nearby with soap and water.

Going to the doctor or getting medicine

- Use telemedicine if available or communicate with your PCP by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.
- If you think you have COVID-19, let the office know and follow [guidance](#).
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Use disinfecting wipes on frequently touched surfaces such as handles, knobs, and touchpads.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.
- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

Essential Travel (outside your local area)

Some travel outside your local area may also be essential, such as:

- Travel to provide medical or home care to others
- Travel for medical appointments for self or family
- Travel necessary for a job considered an essential service

The following travel recommendations provide advice about how to prevent getting and spreading COVID-19 if you *must* travel. **Don't travel if you are sick** or plan to travel with someone who is sick.

Considerations if You *Must* Travel: Protect yourself and others during your trip:

- Clean your hands often.
 - [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub your hands together until they feel dry.
- **Avoid touching your eyes, nose, and mouth.**
- Avoid close contact with others.
 - Keep 6 feet of physical distance from others.
 - Avoiding close contact is especially important if you [are at higher risk of getting very sick](#) from COVID-19.
- [Wear a cloth face covering in public.](#)
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores. Do not dine in restaurants if that is prohibited by state or local guidance.

Road Trips (outside local area)

CDC recommends you [stay home](#) as much as possible and [practice social distancing](#), especially if you are at [higher risk of severe illness](#). However, if you must travel, be aware that many businesses (such as restaurants and hotels) may be closed.

Anticipate your needs before you go:

- Prepare food and water for the road. Pack non-perishables in case restaurants and stores are closed.
- Bring any medicines you may need for the duration of your trip.
- Pack a sufficient amount of alcohol-based hand sanitizer (at least 60% alcohol) and keep it in a place that is readily available.
- Book accommodations in advance if you *must* stay somewhere overnight.
 - Plan to make as few stops as possible, but make sure you rest when you feel drowsy or sleepy.
 - Bring an EPA-registered disinfectant and other personal [cleaning supplies](#).

Don't travel if you are sick or plan to travel with someone who is sick.

Types of Travel

Some types of travel (bus, plane, train) may require sitting next to others for a period of time. Travel may also expose you to new parts of the country with differing levels of community transmission. And, if you're infected, your travel may put others at risk— along the way, at your destination, and when you return home.

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 of time can put you at risk of getting 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 have to stop at RV parks overnight and other public places to get gas and supplies. These stops may put you and those with you in the RV in close contact with others who could be infected.

State and Local Travel Restrictions or Orders

CDC recommends you [stay home](#) as much as possible and avoid close contact, especially if you are at [higher risk of severe illness](#). If you *must* travel, follow any state and local travel restrictions currently in place. It is possible that some state and local governments may put in place travel restrictions, stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures while you are traveling. For more information and travel guidance, check with the [state or local health department](#) where you are, along your route, *and* at your planned destination. Just because there are no restrictions at the time you plan to leave does not mean there won't be restrictions in place when you arrive.

Lodging

CDC recommends you [stay home](#) as much as possible and avoid close contact, especially if you are at [higher risk of severe illness](#). Staying in temporary accommodations (hotels, motels, and rental properties) may expose you to the virus through person-to-person contact and possibly through contact with contaminated surfaces and objects.

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

- Take the same [steps](#) 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](#) 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](#), including cloths and disposable gloves.
- Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.

Frequently Asked Questions

Is it safe to travel to visit family or friends?

CDC recommends you [stay home](#) as much as possible and [practice social distancing](#). Traveling to visit friends and family increases your chances of getting and spreading COVID-19. It is possible for someone to have COVID-19 and spread it to others, even if they have no symptoms. Getting infected may be especially dangerous if you or your loved ones are at [higher risk for severe complications from COVID-19](#). People at higher risk for complications need to take [extra precautions](#).

Although it can be hard to remain apart from loved ones during challenging or stressful times, try to connect with them in other ways, using video chats or phone calls.

Is it safe to travel to campgrounds/go camping?

CDC recommends you [stay home](#) as much as possible and avoid close contact, especially if you are at [higher risk of severe illness](#). 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](#) and are planning to be in remote areas, far away from medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19.