

UVA Facilities Management COVID-19 Travel Guidelines

Summary

UVA FM promotes the guidance distributed by Centers for Disease Control (CDC) and Virginia Department of Health (VDH) that **discourages individuals from engaging in non-essential travel during the COVID-19 pandemic**. This position promotes the health of employees and their families as well as decreases the introduction of new cases of COVID-19 into local communities or workplaces. FM guidance is subject to change in order to reflect the most updated UVA policy requirements and/or recommendations by local, state, or national healthcare agencies.

Planning to Travel?

Employees are expected to demonstrate the highest levels of care and professionalism when weighing the risks and benefits of travel. Employee Health is available to discuss details as needed, and the decision to travel is ultimately up to the employee.

Recommendations for Action:

- Abide by local, state, and international travel restrictions. Research the latest and most specific advisories based on your desired travel and continue to monitor local guidance for travel updates. Resources include but are not limited to:
 - [CDC: Traveler's Health Notices](#)
 - [CDC: Considerations for Travelers](#)
 - [COVID Risk Levels Dashboard](#)
 - [VDH: Travelers Coronavirus](#)
- As part of the conversation with supervision to request leave, communicate travel plans due to potential for extended leave to address post-travel quarantine or illness.
- Consider self-quarantine for 14 days from the time you returned home and monitor your health.
- Monitor yourself for [symptoms of COVID-19](#) before, during, and after travel. If you begin experiencing symptoms of illness, contact your healthcare provider or UVA Employee Health to discuss medical care, notify your supervisor to discuss absence, and stay home to protect the health of others.
- Protect yourself and your coworkers before, during, and after travel by practicing physical distancing and wearing your face covering.

Additional References and Resources

[CDC: State or Local Health Department Websites](#)

[VDH: Daily Symptom Monitoring Log](#)

[UVA Return to Grounds Guide](#)