



Covid-19 Travel Policy

November 23, 2020

In order to ensure the health and safety of our community, all CEC community members must comply with our Covid-19 travel policy and disclose travel related information as requested.

Prior to planning travel outside of the Bay Area, community members must discuss their intended plans with CEC administration including:

- Travel Dates
- Destination
- Mode of Transportation
- Reason for visit and planned activities

Travel Policy:

If your travel plans include travel by plane, bus, train, or boat/cruise ship, and/or travel outside of the United States (including driving to Canada or Mexico), a 10-day self-quarantine is required before returning to any CEC program.

If you drive out of the Bay Area in a private vehicle and follow county and CDC guidelines, no quarantine is required if you and your household are asymptomatic and you have not been notified of a potential exposure while on your trip.

Depending on your travel destination, you may be required to quarantine even if you drive, if you visit a location identified as a Covid hot spot by the CDC. Please discuss with CEC administration.

To return to your CEC program after quarantine, you and your household must be healthy and not have experienced any Covid symptoms. A Covid test is recommended after travel, but not required if your household is asymptomatic and you have not been notified of a potential exposure while on your trip. While traveling (and at all other times) we expect program participants to continue to follow best practices and county guidelines:

- When around others, stay at least six feet from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a mask to keep your nose and mouth covered when you are outside of your home.
- Wash your hands often or use hand sanitizer.
- Watch your health and look for symptoms of Covid-19. Take your temperature if you feel sick.

High risk activities include travel to an area that is experiencing high levels of Covid-19, including destinations with a Level 3 Travel Health Notice. The Center for Disease Control (CDC) lists large social gatherings (such as weddings, funerals, or parties), mass gatherings

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(such as sporting events, concerts, or parades), being in crowds (such as restaurants, bars, airports, bus, and train stations, and movie theaters), and traveling on a cruise ship or river boat as higher risk activities.

The CDC also indicates that if an individual participates in higher risk activities during travel, the individual should take extra precautions for 14 days after returning from their trip:

- Stay home as much as possible.
- Avoid being around people at increased risk for severe illness from Covid-19.
- Consider getting tested for Covid-19.

Thank you for working together to keep CEC safe and healthy.



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