**McPherson College – COVID-19 Travel and Self-Quarantine Policy**

1. **College-Related Travel**

All college-related travel must be approved by a cabinet member or by the president’s office.

1. **Personal Travel**

If you plan to travel for personal reasons, evaluate whether the travel is necessary, and have a self-quarantine plan in case you get exposed to or are sick with coronavirus (COVID-19).

Faculty or staff planning to travel at this time must notify their supervisor of travel details such as destination (country/state/city), the purpose of the travel, and the duration of the trip.

1. **Travel Restrictions**

The Kansas Department of Health and Environment (KDHE) and the McPherson County Health Department (MCHD) issued new guidance surrounding COVID-19 for travelers, close contacts of confirmed cases, and those being tested. If you have recently traveled or are planning to travel, please read the following guidelines.

The KDHE and MCHD are **mandating** 14-day home quarantine for Kansans who have:

● Attended/traveled to a mass gathering event (out-of-state) of 500 people or greater on or after

August 11.

● Traveled to Florida between June 29 – August 11.

● Traveled on a cruise ship or river cruise.

● Traveled internationally on or after July 14 to countries with a CDC Level 3 Travel Health Notice,

including China, Iran, European Schengen area, United Kingdom, Republic of Ireland and Brazil.

International travelers must follow CDC guidance and protocols.

1. **Testing for COVID-19 and Self-Quarantine**

Those who are under self-quarantine should not attend school, work or any other setting where they are not able to maintain a six-foot distance from other people.

Persons under quarantine who develop symptoms of COVID-19 during their 14-day quarantine period, including a measured fever of 99.9 (F) or higher and lower respiratory symptoms like coughing or shortness of breath, should call their healthcare provider and tell them about their recent travel or other COVID-19 exposure.

If you are notified by the Health Department of being a contact of someone who is positive for COVID-19, you MUST quarantine at home for 14 days. This means that a negative test will not return an exposed person to work/sports/daycare/etc. sooner than 14 days. If you are a contact, decide to be tested, and it comes back negative, you STILL have to finish your 14-day period because you may become contagious anytime during the rest of the 14 days. The MCHD does NOT routinely recommend testing contacts unless symptoms arise or a high risk individual is involved. People who have not had direct exposure to someone with COVID-19 do not need to quarantine and are not excluded from work/sports/daycare/etc.

If a person in quarantine does not develop any COVID-19 symptoms, then they are released from quarantine at the end of 14 days. If symptoms do develop during those 14 days, the person is to contact their primary provider for further evaluation and/or testing. People who have been diagnosed with COVID-19 may be released from isolation at the direction of the Health Department when it has been 10 days since the onset of symptoms AND 72 hours since symptoms have resolved. Per the MCHD, this symptom-based method of returning people to work is preferred to a testing-based method of returning people to work because tests can still remain positive long after the virus is no longer active.

1. **Prevention**

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid spreading the virus and to avoid being exposed to the virus. The virus is thought to spread between people who are within six feet or less of each other through droplets from coughing and sneezing.

Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to [practice precautions](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html) to prevent getting and spreading coronavirus and other respiratory diseases during travel. For the most up-to-date coronavirus travel information, visit the KDHE COVID-19 Resource Center at: <http://www.kdheks.gov/coronavirus/>

1. **How the KDHE determines which countries or states within the US are part of the list of areas for travel-related quarantine**

For countries outside of the United States, the KDHE refers to the COVID-19 Travel Recommendations by Country which is maintained by the Center for Disease Control (CDC). Any country with a Level 2 Travel Health Notice or higher and has ongoing community transmission will have a **mandatory** 14-day quarantine for returning travelers.

For locations within the United States, the KDHE uses a number of sources of data including the number of cases each state has and whether the state is reporting widespread community transmission to make the determination. A formula is used to evaluate new cases in states over a two-week period, then adjusts for population size to provide a case rate per 100,000 population. This provides a number that can then be compared to the rate in Kansas. States with significantly higher rates -- approximately 3x higher -- are added to the [travel quarantine list](https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran).

Currently, KDHE does not consider travel within Kansas as a criteria for travel-related quarantine. However, our local health officer may choose to include this as a criteria so you should be aware of your local isolation and quarantine criteria.