

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.

2. 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.

3. Travel Restrictions

Those who have traveled to the following locations need to quarantine upon arrival in Kansas. The [length of quarantine](#) varies depending on whether you have been tested for COVID-19. This applies to both Kansas residents and those visiting Kansas:

- Traveled on or after March 26 to Delaware, Michigan or Rhode Island.
- Traveled on or after March 26 to Hungary or Jordan.
- Traveled on or after March 12 to the states of New Jersey or New York.
- Traveled on or after March 12 to the countries of Estonia or the State of Palestine.
- Traveled on or after Feb. 26 to the countries of Czechia, San Marino or Montenegro.
- Attended/traveled to mass gathering events out-of-state of 500 people or greater where individuals do not socially distance (6 feet) and wear masks..
- Been on a cruise ship or river cruise on or after March 15, 2020.
- Others needing to continue quarantining:
- Received notification from public health officials (state or local) that you are a close contact of a laboratory-confirmed case of COVID-19.

4. Testing for COVID-19 and Self-Quarantine

Persons under quarantine who develop symptoms of COVID-19 during their 10-day quarantine period, including a measured fever of 99.9 (F) or higher and lower respiratory symptoms such as 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 10 days. This means that a negative test will not return an exposed person to work/sports/daycare/etc., sooner than 10 days. If you are a contact, decide to be tested, and it comes back negative, you STILL have to finish your 10-day period because you may become contagious anytime during the rest of the 10 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 10 days. If symptoms do develop during those 10 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 when it has been 10 days since the onset of symptoms AND 24 hours fever free.

For those who are fully vaccinated (meaning it has been greater than two weeks since they completed their vaccinations) they are not required to quarantine regarding travel if they meet all of the following criteria:

- Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 6 months following receipt of the last dose in the series
- Have remained asymptomatic since the travel Persons who do not meet all 3 of the above criteria should continue to follow current quarantine guidance for travel.

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5. 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 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: <https://www.coronavirus.kdheks.gov/>

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

The travel quarantine list is determined using a formula to evaluate new cases over a two-week period, then adjusted 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. Locations with significantly higher rates -- approximately 3x higher -- are added to the list.

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