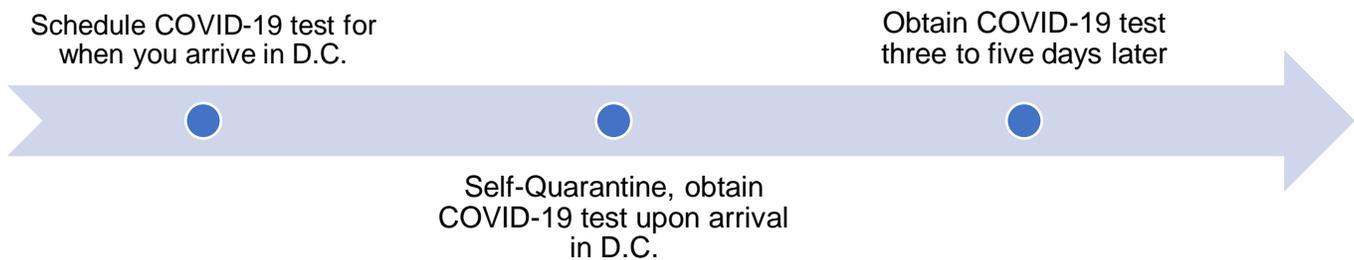


Guidance for GW Faculty and Staff Without Campus Access Traveling Outside of the DMV

On Nov. 6, 2020, D.C. Mayor Muriel Bowser issued a [revised travel advisory](#) for travel to the District of Columbia (D.C.) from locations outside of Maryland and Virginia. This guidance covers people who reside and/or work in D.C. and who do not have access to campus. If you choose to travel to locations outside of D.C., Maryland and Virginia and have not been exposed to someone diagnosed with COVID-19, please be advised that you will need to do the following:

- 1) Schedule a COVID-19 test as soon as possible after your arrival in D.C. You can schedule your test through the GW Medical Faculty Associates (MFA). Visit <https://smhs.gwu.edu/covid-19-testing> for more information.
- 2) Immediately start your self-quarantine upon returning to D.C.
- 3) Schedule a second COVID-19 test for three to five days after you arrive back to D.C. You can schedule your test through the GW MFA. Visit <https://smhs.gwu.edu/covid-19-testing> for more information.
- 4) If both tests are negative, and you remain asymptomatic, you will be released from quarantine.



What is Self-quarantine?

Self-quarantine means limiting your activities, staying home, monitoring your health and maintaining social distancing (at least 6 feet) from others at all times. If you need to be around other people or animals in or outside of the home, wear a cloth face covering. You should monitor your health and consult with a health care provider if any symptoms develop.

Steps to Quarantine:

- You will need to quarantine in your home and monitor yourself for symptoms consistent with COVID-19, including taking your temperature with a thermometer twice a day. Use a log to document your temperature and if any symptoms are present.
- Limit activities by leaving your home only when necessary, avoiding public gatherings of any size, and social distancing from others who didn't travel, including in your household
- If you live with other people, stay in a specific room and away from other people and use a separate bathroom if available. Restrict contact with pets and other animals. CDC's guidelines for quarantining in your home when you live with others can be found here: [Living in Shared Housing](#).
- Whenever possible, avoid contact with others and prohibit visitors who do not have an essential need to be in your home.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a health care provider's office.
- Clean your hands often: wash with soap and water for at least 20 seconds, or (less preferable) use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Wash hands especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.

- Cover your coughs and sneezes. Throw used tissues in a lined trash can and clean your hands immediately.
- Clean and disinfect your space, especially any shared areas such as bathrooms and kitchens. More details from the CDC can be found here: [Cleaning And Disinfecting Your Home](#).
- For additional quarantine guidance, please see [the CDC's Quarantine Instructions](#).

Scheduling a COVID-19 Test

You will need to schedule a test for COVID-19 for the day you arrive back in D.C. and a second test for three to five days after you arrive back to D.C. if your first test is negative. However, if you develop symptoms, do not wait the three to five days and schedule a test for COVID-19. You can schedule your visit through the GW MFA. Visit <https://smhs.gwu.edu/covid-19-testing> for more information.

Based on the results of your two COVID-19 tests, one of the following will occur:

1. If your test result is positive for COVID-19, then you have been infected with the SARS-CoV-2 virus. You will then immediately begin self-isolation, per [D.C. Health's Isolation Guidelines](#).
2. If both of your test results are negative for COVID-19, you may end your self-quarantine.

If you do not schedule a COVID-19 test you will remain in quarantine for the full 14 days from the day you arrive back in D.C.

Monitor Your Symptoms

Symptoms of COVID-19 may include the following: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea or otherwise feeling unwell.

- If you experience any of the following warning signs, contact Occupational Health at 202-677-6230 and seek immediate medical care: difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

Treat your Symptoms:

- There is no known cure for COVID-19 infection. Treatment is supportive.
- Hydrate well.
- Control your fever. Use acetaminophen (e.g., Tylenol) if possible. Try not to use Advil, Motrin, Ibuprofen or Aleve.
- Rest. Stay well nourished.

Contact Information:

- Occupational Health: 202-677-6230
- Medical Emergencies:
 - o On campus, GW Police: 202-994-6111
 - o Off campus: 911
- Campus COVID-19 Support Team: ccst@gwu.edu

For more COVID-19 information, check out the [CDC's COVID-19 Factsheet](#).