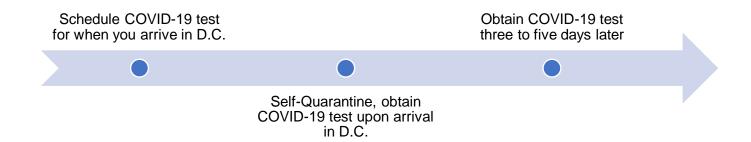**Guidance for GW Students Without Campus Access Traveling into D.C. from Outside of the DMV**

On Nov. 6, 2020, D.C. Mayor Muriel Bowser issued a revised travel advisory for travel into the District of Columbia (D.C.) from locations outside of Maryland and Virginia. This guidance covers students 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. The test can be scheduled at mychc.gwu.edu.
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. The test can be scheduled at mychc.gwu.edu.
4) If both tests are negative, and you remain asymptomatic, you will be released from quarantine.

Schedule COVID-19 test for when you arrive in D.C.

Self-Quarantine, obtain COVID-19 test upon arrival in D.C.

Obtain COVID-19 test three to five days later

What is self-quarantine as it relates to travel?
Self-quarantine means limiting your activities, staying home, monitoring your health and maintaining social distance (at least 6 feet) from others at all times even at home. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

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.
- For students who live with other people, whenever possible, stay in your specific room and away from other people. Use a separate bathroom if available. Restrict contact with pets and other animals. CDC's guidelines for quarantining when you live with others can be found here: Living in Shared Housing.
- Whenever possible, limit 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.

Notify your Supervisor

If appropriate, you should notify your supervisor that you will not be reporting to work in person. You do not need to tell them about your quarantine status. The Division for Student Affairs and the GW CARE teams have created a Student Support Team tasked with the support and response to students in quarantine. The team will support students living on campus, living off campus, or completing their semester virtually from home or any other location.

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 the Colonial Health Center at 202-994-5300 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.

Scheduling a COVID-19 Test

You will need to schedule a test for COVID-19 at https://mychc.gwu.edu 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 at https://mychc.gwu.edu.

Based on the results of your two COVID-19 tests, one of the following will occur:
1. If one of your test results 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. The GW Campus COVID-19 Support Team (CCST) will contact you to discuss your positive result, to facilitate communication with the GW CARE team and to coordinate your clinical care with CHC.
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.

Contact Information:
- Colonial Health Center: 202-994-5300
- Medical Emergencies:
    o On campus, GW Police: 202-994-6111
    o Off campus, D.C. Police: 911
- GW CARE Team: 202-994-6555 or gwcares@gwu.edu

- Campus COVID-19 Support Team: ccst@gwu.edu

Additional Resources:
- If medications are needed there are pharmacies located near the Foggy Bottom and Mount Vernon campuses.
    - Foggy Bottom: The CVS at 2000 Pennsylvania Avenue - 202-296-0329
    - Mount Vernon: The CVS at 4859 MacArthur Boulevard - 202-965-6548
    - You may request medications from any pharmacy, and some may provide delivery service.
    - For more information, please see CVS same-day delivery.
- Food:
    - Whole Foods Foggy Bottom, GrubHub, Uber Eats and Safeway offer grocery delivery services.

For more COVID-19 information, read the CDC's COVID-19 Factsheet.