

COVID-19 Pandemic Travel Guidance

Policy Changes are highlighted in Bronze

The purpose of this document is to provide NHTI students current travel guidance and restrictions as established by the current Center for Disease Control and Prevention (CDC) guidance and the New Hampshire Department of Health and Human Services (NHDHHS).

Students should be aware that with continued high levels of new COVID-19 infections and the **emergence of new variants of concern** worldwide and domestically in the U.S that travel results in high risk for COVID-19 exposure. Different types of travel and activities (e.g., travel on public transportation, travel on cruise ships, interaction with large groups of people, etc.) also increases a person's risk for COVID-19 exposure, regardless of the ultimate destination.

Domestic Travel

Domestic travel within the U.S. **no longer requires quarantine** upon return to NH, this includes domestic travel to Alaska, Hawaii and U.S. territories.

International Travel and Cruise Ships

NHDHHS travel guidance updated on 16 March 21 states that the following individuals should quarantine and will be excluded from NHTI campus upon arrival in New Hampshire:

- If traveled previous 10 days under any of the following conditions:
 - Have traveled internationally (except for essential travel to/from Canada).
 - Have travelled on a cruise ship: Cruise ships include any type of cruise ship regardless of location (i.e. riverboats, lake cruises, ferry's, etc.)

Essential travel to/from Canada includes for work, school, personal safety, medical care, care of others, or parental shared custody. Essential travel also includes travel for students and their parents or guardians who are visiting institutions of higher learning or preparatory high schools as potential future students, including allowing the students to remain at the schools for overnight stays.

Travel Quarantine Exceptions for Vaccinations/Prior Covid-19 Infection

The following persons are exempt from having to quarantine due to travel:

- Persons who are 14 days beyond the second dose of their COVID-19 vaccine (i.e., 14 days after full vaccination) **and** remain asymptomatic.
 - If any portion of travel occurs within the 14 day period post second dose an individual will need to follow routine travel quarantine requirements.
 - Proof of vaccination is required to be submitted **to the NHTI Campus Safety Department.**
- Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing and remain asymptomatic.
 - 90 day period begins when either symptoms began for persons who were symptomatic or on date a positive test sample was collected.
 - Proof of positive test result is required to be submitted **to the NHTI Campus Safety Department.**

Post Travel Requirements and Recommendations

Everyone who chooses to travel, regardless of vaccination status or prior immunity, shall adhere to the following per NHDHHS guidelines and NHTI COVID-19 policies:

- Wear a well-fitted, multi-layered face mask
- Physically distance (i.e., maintain at least 6 feet from other people)
- Avoid large groups and gatherings
- Frequently sanitize hands.
- Self- monitor for symptoms

NHDHHS recommends, but it is not required, that asymptomatic persons be tested 3-5 days after return to New Hampshire from travel.

NHDHHS Guidance and Test Out Option

NHDHHS guidance on travel related quarantine:

- Students must self-quarantine for 10 days from their return from travel **internationally or on a cruise ship**, but does not **require** COVID-19 testing unless they develop COVID-19 symptoms.
- Students have the option of shortening their travel-related quarantine by getting a test **on days 6 or 7** of their quarantine to test for active COVID-19 infection; this test must be a PCR based test and a rapid (antigen) test is not accepted for this purpose. **If the test is obtained on days 6 or 7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine early.**

Athletics Guidelines

No changes have currently been made to NHDHHS Amateur and Youth Sports specific guidance updated January 12, 2021 and current guidelines remain in effect. These guidelines state:

- Staff, athletes, and volunteers that have traveled in the past 10 days who meet the previously described travel criteria, **who have travelled domestically, outside of New England and on NH on public transportation (e.g., bus, train, plane, taxis, rideshares etc.)** will be prohibited from participating.
- No teams/groups/athletes other than from New England are allowed at competitive sporting events, training sessions, or practices in New Hampshire. There are limited exceptions to this requirement.

COVID-19 Symptoms

Any person who develops **any** new symptoms of COVID-19 should **immediately** isolate, shall report to the NHTI Campus Safety Department and seek testing (even if the person recently tested out of quarantine).

Preparing for Travel Plans

In preparation of travel plans it is recommended to check specific travel restrictions for travel destinations. For links to specific state health departments

<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

Additional CDC travel information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Specific Requirements for Students

Students are receiving a document tailored to them with the following additional information:

- Students are required to adhere to all State of New Hampshire travel guidance as stated above.
- Report any travel to the NHTI Campus Safety Department.
- Students are required to also:
 - If living on campus, either:
 - Quarantine in the designated quarantine residence hall per self-quarantine guidance.
 - Quarantine at home per travel self-quarantine guidance.
 - If living off campus and attending in-person class, event or activity, do not come campus per self-quarantine guidance.
 - Report travel related information directly to the NHTI Campus Safety Department, or if student communicates travel information with Faculty, Staff, Residence Life staff and/or Athletics Coach who shall forward student information to nhticampussafety@ccsnh.edu

Failure to report and adhere to travel requirements is a violation of the NHTI Student Code of Conduct, the CCSNH Social Compact and may subject students to the NHTI Student Conduct process.

Questions on this Policy and Procedures

If you should have any additional questions about travel requirements please contact the Campus Safety Department at (603) 230-4042 or at nhticampussafety@ccsnh.edu.

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