

Travel Quarantine Instructions

Caltech's efforts to support the well-being of the campus community in response to the novel coronavirus (SARS-coV-2) and COVID-19 pandemic continues to evolve as new information is made available. This situation is dynamic, and public health guidance may evolve over time; we will update the campus accordingly. **Currently, widespread community transmission continues to occur and all non-essential travel is strongly discouraged.**

Updated CDC guidance indicates that individuals who have traveled internationally in the past 14 days, who have a fever or symptoms of acute respiratory illness or a known exposure to COVID-19, should contact a medical provider for consultation. If you are experiencing acute symptoms, please contact your local urgent care or hospital; for individuals living on campus, emergency medical services can be reached through Campus Security by calling 626-395-5000. During business hours, students should call Student Wellness Services at 626-395-6393, and all other campus community members should contact their personal primary care provider.

[Updated CDC guidance](#) indicates that if you have traveled abroad to any location you need to take extra precautions when returning to the United States.

Upon your return, we are requiring all Caltech travelers returning to the US from abroad to self-quarantine, which includes staying home and practicing physical distancing for 14 days.

Individuals who must quarantine after travel should contact the Disability and Leave Unit at leaveunit@caltech.edu for guidance on working from home and guidance on timekeeping.

The following is required during travel quarantine and self-monitoring:

- Stay home for 14 days beginning on the day of your arrival into the United States.
- Do not go to work, class, meetings, or gatherings, etc. Do not entertain visitors in your room. Keep your distance from others (minimum 6 feet) when possible. Wear a face covering at all times. Please avoid public transportation or ride shares during this time.
- Take your temperature with a thermometer two times per day and monitor for fever. Also monitor for [other symptoms of illness consistent with COVID-19](#), including cough, fatigue, and shortness of breath.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol immediately after coughing, sneezing or blowing your nose. Soap and water should be used if hands are visibly dirty.
- Do not share personal hygiene items, beverages or meals with anyone.
- If you experience any of the following symptoms, notify your healthcare provider or Student Wellness Services *by phone* (do NOT walk-in):

- Your temperature is greater than 100.0F/37.7C
- You have a cough, difficulty breathing or shortness of breath
- You have other [symptoms of illness consistent with COVID-19](#)
- If your symptoms are severe, call 911 (if you are living on campus, call 626-395-5000 and Campus Security can facilitate emergency services) and report your symptoms and recent travel information.
- If your healthcare provider office is closed (i.e. during evenings or weekends), call your [local Urgent Care Clinic or Emergency Department](#)

Students who have a housing contract for a Caltech-owned property, who are unable to effectively quarantine after travel in their regular assignment will be provided a single room in dedicated quarantine space. Rooms are single-occupancy and have in-room sinks. Each resident will be assigned a shower and toilet stall within a common bathroom area and will be expected to use only that restroom. Custodial services will do frequent cleanings of restrooms, and self-cleaning instructions will be provided to residents to further reduce the risk of disease transmission. Common areas and kitchens will not be available for use; students will receive a small stipend (\$100) to assist with purchasing food on campus, and residents will be permitted to order food delivery, as well as to carry out essential activities such as purchasing food and seeking medical care. Students should contact housing@caltech.edu a minimum of 2 week prior to anticipated arrival date to make arrangements. Incoming international students who will be joining the Caltech community in residence for fall 2020 should contact the housing office **as soon as possible** to discuss arrival dates.

Students should plan to bring all of the necessary clothing, personal hygiene supplies, and other items needed to complete a 14 day self-quarantine period. (Link to packing list)