

COVID-19 Travel Considerations as of 9/3/2020

As the COVID-19 pandemic evolves, remember to regularly check for updates to Mount Sinai's [Travel Policy](#), which includes guidelines for work-related travel and personal travel.

Safety measures and regulations implemented in response to COVID-19 vary not only by country, but regionally within the United States. If you must travel, we ask that you keep in mind the following travel risks before and after traveling:

Pre-Travel

- **Research state and country-specific entry and exit requirements**, such as mandatory 14-day quarantine upon arrival, COVID-19 testing requirements, health screenings at airports and other transit points, etc. (i.e. www.kayak.com/travel-restrictions, www.nga.org/coronavirus/#glance, etc.)
- **Health self-assessment**: evaluating one's personal health risks, e.g., pre-existing conditions, age, etc.
- **Purchase** medical evacuation insurance and travel health insurance before you depart on personal travel (i.e. www.insuremytrip.com, www.squaremouth.com, etc.)
- **Carefully read** all insurance policies to make sure they cover what you need them to cover. Some travel insurance companies explicitly state that epidemics and pandemics are excluded reasons for canceling a trip.
- **Develop a personal emergency plan** ahead of departure with a list of reputable medical facilities equipped to treat COVID-19 near your lodging, local emergency contact information, etc. (contact International SOS at +1 215-942-8226 for advice)
- **Be aware of societal restrictions and local laws** in place regarding physical distancing measures, mask requirements, in-country movement restrictions, etc.
- **Be alert to local safety and security risks**, including public demonstrations against government responses to COVID-19 and xenophobia towards international travelers
- **Transportation and Lodging**: when making reservations be sure to inquire about safety measures (e.g. physical distancing, hygiene) hotels are taking in light of COVID-19; and confirm availability of Ubers/Lyfts, local taxi services, and access to public transportation
- **Create a COVID-19-specific packing list**, including masks, gloves, hand sanitizer, wipes, etc.
- **Reflect upon ethical implications of traveling**, taking into consideration not only possible exposure to oneself, but the likelihood of exposing communities whose local health system may not have appropriate infrastructure to adequately respond to COVID-19
- **Make sure your passport will be valid for at least six months** after you return home and it has two or more blank pages

- **If an American citizen, register your trip** on the [State Department's STEP](#). (Smart Traveler Enrollment Program). If not, register with your home country's equivalent service, if one exists.

Post-Travel

- **Health self-assessment:** consider contacting EHS or your personal physician for advice on how to best monitor oneself for symptoms, such as completing a screening questionnaire, conducting routine temperature checks, downloading a symptom tracking app onto your smartphone, etc.
- **If returning from a country that has experienced a significant COVID-19 outbreak**, consider applying physical distancing measures, i.e. self-isolating for 14 days upon return, getting tested for COVID-19, etc. Employees will be required to use PTO days if quarantine is necessary and working remotely is not possible.

For visa holders:

- Due to the fluidity of this situation, we ask that visa holders **contact International Personnel** (212-241-8300) **for updated travel restrictions** prior to making international travel arrangements.
- **U.S. consulates and embassies have suspended routine visa services** and are granting discretionary appointments based on individual circumstances.
- Keep in mind that as countries continue to restrict inbound and outbound travel, **you can even be denied from returning to the U.S.**, despite having an airline ticket.

Lastly, we recommend viewing the following resources as you prepare for travel:

- **Review** International SOS' [Membership Portal Page](#) to look up **global alerts**, sign up for **personal coverage**, and build your own **Country Reports**
- Visit **International SOS'** [COVID-19 Website](#) where you may access all articles under the Public Access and Members Access sections.
- Contact **International SOS** (+1 215-942-8226) for country-specific advice related to COVID-19 concerns before, during, or after travel.
- **Monitor** travel advisories, health notices, and situation reports from the [State Department](#), [Center for Disease Control](#), and [World Health Organization](#), respectively.