



Dear UMMS Employee,

To ensure the health and safety of your colleagues, the University of Massachusetts Medical School (UMMS) has issued a travel policy (<https://www.umassmed.edu/coronavirus/travel-guidance/>) which includes a 14-day quarantine for individuals returning from domestic travel to high-risk states, or any international travel. Please note that individuals returning to work in a UMass Memorial Health Care clinical setting are required to follow the UMMHC Travel Policy located on the HUB. A negative test does not affect the duration of quarantine and therefore COVID-19 testing following travel is not recommended by the Centers for Disease Control and Prevention or the Massachusetts Department of Public Health.

In addition to the UMMS travel policy, all Massachusetts residents must follow the Commonwealth's COVID travel policy, which is detailed at this link: <https://www.mass.gov/info-details/covid-19-travel-order>. However, UMMS does not endorse the Commonwealth's policy of COVID-19 testing as an exemption from quarantine. Employees/students who reside in neighboring states are advised to be aware of and abide by the travel policies for their respective states.

Please access the [Tips for At-Home Quarantine or Self-Monitoring \(click here\)](#) and [How to Self-quarantine and Self-isolate \(click here\)](#) documents for an explanation of how to safely and effectively self-isolate or self-quarantine. We ask you adhere to the following steps:

1. Monitor your health for COVID symptoms (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>). Check your temperature twice daily with a thermometer. Report any symptoms each day, using the Employee/Student Self Reporting Tool web portal or app. Instructions to do so can be found at this link: <https://umassmed.sharepoint.com/sites/information-technology/SitePages/S.aspx>.
2. If you develop symptoms, please call Employee Health Services at (508) 793-6400 or Student Health Services at (508) 334-2818.
3. If you develop severe symptoms (trouble breathing, persistent chest pain or pressure, new confusion, inability to wake or stay awake, bluish lips or face) call 911 or your local emergency services and be sure to tell them that you have traveled and have been in quarantine.
4. Individuals under quarantine will not be permitted to enter the medical school COVID-19 testing site, as this would potentially expose other employees. No test is required to end quarantine. Individuals who were undergoing testing weekly prior to start of quarantine may resume testing once they return to work.
5. During quarantine, work remotely if you are able. Many employees/students can continue to be productive while at home.
6. Engage in self-care. Quarantine can be challenging; eating well, exercising and getting enough sleep may help.

7. Continue to quarantine until cleared to return to work by EHS/SHS. Your UMMS ID badge will be de-activated during your quarantine but will be re-activated once you receive this clearance.

Thank you,

Sharone Green, MD
UMMS Infection Control Officer
Division of Infectious Diseases and Immunology
University of Massachusetts Medical School
364 Plantation Street
Worcester, MA 01605
Tel: 856-856-8347
Fax: 508 856-5981
Infection.Control@umassmed.edu

Confidentiality Notice:

This e-mail message, including any attachments, is for the sole use of the intended recipient(s) and may contain confidential, proprietary and privileged information. Any unauthorized review, use, disclosure or distribution is prohibited. If you are not the intended recipient, please contact the sender immediately and destroy or permanently delete all copies of the original message.