Leaving the Santa Barbara Area During COVID-19 Pandemic

**UPDATE:** As of 11/13/20. The California Department of Public Health advises:

**Travel Advisory for Non-Essential Travel**

1. Persons arriving in California from other states or countries, including returning California residents, should practice self-quarantine for 14 days after arrival. These persons should limit their interactions to their immediate household. This recommendation does not apply to individuals who cross state or country borders for essential travel.

2. Californians are encouraged to stay home or in their region and avoid non-essential travel to other states or countries. Avoiding travel can reduce the risk of virus transmission and bringing the virus back to California.

UCSB campus medical experts and Santa Barbara County Public Health officials *strongly recommend* that once you are established in the UCSB area, you remain in the area. Avoiding travel during the academic year minimizes the risk of transmitting the virus to people you encounter en route as well as to those you encounter at your destination. It also reduces the risk of bringing the virus back to our community from other areas.

UCSB values our international community and recognizes that there may be a need to travel during this pandemic. The following information is guidance to keep you and your community safe before, during and after your travels.

If circumstances require you to travel away from the UCSB area:

**While Away…**
- Wear a *mask* at all times
- Maintain physical distancing
- Avoid social gatherings
- Wash your hands frequently
- Continue to complete the daily symptom survey if you live in campus-owned housing or must be on campus for in-person instruction, labs or work.

**Upon Returning…**
- Arrange for testing within 48 hours of returning
  - UCSB Student Testing
  - Santa Barbara County Public Health Testing
- Enter a 7-day sequestration period
  - Do not leave your apartment except for essential activities (such as medical appointments).
  - If you share space, wear a mask in your apartment except when in your personal bedroom or in the shower
  - Maintain physical distancing within your apartment or residential complex.
    - Set up a kitchen schedule so residents do not occupy the kitchen at the same time
  - Wipe down all surfaces with appropriate *cleaners* in all common areas after use
• Take a second COVID-19 test 7 days after returning to ensure that infection has not subsequently developed
• If both tests are negative
  ○ You may resume normal activities, including on-campus classes, labs and work, while continuing to follow all COVID-19 public health protocols.
  ○ Wear a face covering at all times when outside of your residential unit, except while eating or exercising
  ○ Maintain physical distancing at all times
  ○ Frequently wash your hands
  ○ Continue to monitor for symptoms. If symptoms develop, remain in your bedroom, contact the UCSB COVID-19 response team:
    ■ 805-893-7129 for Student Health Advice Nurses
    ■ 805-893-3113 or ucsb-covid19@ucsb.edu for COVID-19 Call Center

Click here for tips on protecting yourself and your community after you travel.

If you are leaving the country, please see the CDC travel destination information.