**UM Out-of-State Domestic Travel Guidelines**

**All forms of travel can significantly increase your chances of contracting and spreading the virus that causes COVID-19. Please consider whether travel is truly necessary and explore alternative options.**

**Before Travel:**

* **Written supervisor approval is required prior to all out-of-state travel.**
  + Signed “Request and Authorization for Travel” forms, frequently referred to as “RAT” or “RATTER” forms, qualify as written supervisor approval.
  + To qualify as written approval, RAT forms must be signed by your supervisor prior to departure.
* **Identify the COVID-19 risk level of your destination(s).**
  + The [CDC Data Tracker](https://covid.cdc.gov/covid-data-tracker/#datatracker-home) is a useful tool to help you find COVID-19 infection rates, trends, hospitalizations, and vaccination rates at your destination.
  + For current local testing, quarantine and vaccination requirements go to [CDC Travel Planner](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html).
* **Based on the risk level of your destination, your personal risk factors, and the urgency of travel, determine whether travel is advisable for you.**
  + UM strongly discourages travel to destinations in U.S. counties categorized by the CDC as High Risk (red).
  + UM strongly recommends receiving a full course of a COVID-19 vaccine at least two weeks before travel.
* **Research and understand the testing, quarantine, and vaccination requirements of your destination(s) and plan accordingly.**
  + Some domestic destinations continue to enforce strict COVID-related testing, quarantine, and vaccination requirements.

**During Travel:**

* **Follow local health and safety guidance related to testing, quarantine, mask wearing, hand washing/sanitizing, and physical distancing.**
  + Remember that guidance is changing frequently and differs, sometimes drastically, from state to state and county to county. It is your responsibility to understand and follow all local guidance.

**After Travel:**

* **UM encourages all returning travelers to be tested for COVID-19. Contact your primary care physician or the Missoula City-County Health Department for guidance on where to obtain a test.**
* **Monitor yourself for symptoms of COVID-19.**
* **If you experience any symptoms of COVID-19, or have reason to believe you were exposed to COVID-19 during travel, quarantine at home until you have been tested and receive a negative test result.**