

## HEALTH COACH CHECKLIST TRAVEL QUESTIONS

Have you travelled out of state on a bus, train or plane in the last 14 days ?

- If domestic travel (within the U.S.):
  - Were you 14 days past full vaccination (fully vaccinated)?
    - If Yes – proceed to the training session
    - If no – please wait until 14 days past your full vaccination to attend training (limited to those not fully vaccinated)
- If international travel:
  - Were you fully vaccinated ?
    - If yes (fully vaccinated), did you get a COVID test 3-5 days after travel?
      - If yes (got tested), was it negative?
        - If yes (negative) – proceed to the training session
        - If no (positive)
          - ✓ immediately notify the SAKE Health Advisor (Nancy Carney [carneyn@ohsu.edu](mailto:carneyn@ohsu.edu)) in order to facilitate contact tracing, **and**
          - ✓ isolate:
            - for 10 days since symptoms first appeared, or
            - for up to 20 days since symptoms first appeared if you were severely ill or are immunocompromised, **and**
            - 24 hours with no fever (without fever-reducing medications), **and**
            - other symptoms are improving.
      - If no (did not get tested), please do not attend any training sessions until 14 days have passed since you returned from travel
    - If no (not fully vaccinated), please do not attend any training sessions until 14 days have passed since you returned from travel