

Recommendations for Work Related Travel

Recommendations below aim to mitigate risk for those travel to work related engagements.

Context: Participation at regional, national, and international conferences/committees is an important part of innovation, research dissemination and continued efforts to improve our care of patients.

As members of SCCA teams return to participating or attending conferences, risk for exposure to SARS-CoV-2 must be kept in mind.

The decision to travel to participate in-person remains an individual one for each SCCA clinical staff member, with consideration of risks and benefits of in-person participation.

Ask the Question: “Do I need to be at the meeting or may I participate through virtual platforms?”

For some participants, virtual meeting options remain a great option allowing one to partake in the meeting without the risk of exposure during travel and related gatherings. However, depending on your role(s), needs and requirements of the conference, this may or may not be an option. Consider whether all members of your team must participate in-person or whether a virtual option might make sense for some. Clusters of cases or exposures within your clinic or research group could impact continuity of patient care or research upon return.

Guidance when attending in-person:

Continue to practice infection prevention precautions and policies including the following:

Prepare before you go

- **We highly recommend getting a COVID-19 booster vaccine ASAP if you haven’t already and are eligible.** You can schedule an appointment by logging into the [Enterprise Health Portal](#) and selecting the COVID & Flu Information tab. Contact SCCA Employee Health with questions: (206) 606-2500
- **Bring proof of vaccination with you on your travels.** Bring your vaccination card, or download verification onto your phone through:
 - <https://waverify.doh.wa.gov/> or
 - <https://myirmobile.com>
- Follow national guidelines for travel, including masking at the airport and on your flight.
- If you have active symptoms, get tested. **Do not** travel, get together or participate in meeting activities

At the conference/meetings

- Wear masks at the conference venue and other events where you get together with colleagues. *Do not assume that everyone present at the meeting has been fully vaccinated.* Air exchanges in conference halls are not usually sufficient to limit transmission to level that we can maintain in our clinics.
- If you are speaking at a podium (distanced from others), it is ok to remove your mask for your lecture but replace it once you have completed your talk. If you are sitting on a panel or moderating a session, consider remaining masked particularly if you cannot adequately distance.

Recommendations for Work Related Travel

- Be cautious about eating together with others, as this is where the vast majority of exposures and transmission events have happened throughout the UW system. **In particular, caution is advised when eating in restaurants in other regions where vaccine/ testing requirements may not be the same as what are currently established in Seattle/King County.** Eating outdoors is safer and limiting group size to the smallest possible can help prevent transmission.
- Try to avoid get togethers in crowded venues such as bars or other events which provide beverages or hors d'oeuvres to avoid unmasked interactions unless outdoors.
- Be thoughtful about getting together with team members unmasked, as a single positive case among in a team member could have a major impact on our ability to care for patients. *Think what would happen if one of us was positive and we all needed to be quarantined?*

Returning from your meeting

If asymptomatic:

- Consider getting tested 3-5 days when you return from travel using a rapid antigen test or PCR. PCR testing is offered free of charge at various testing sites in King County:
<https://kingcounty.gov/depts/health/covid-19/testing.aspx>.

Testing by SCCA Employee Health is reserved for those who have symptoms, or have known exposures.

- If you have any symptoms, even if minor, stay home and get tested through SCCA by completing the [testing survey](#).
- If you are informed about a potential [exposure to someone who tested positive for Covid](#), contact Employee Health at employeehealth@seattlecca.org or (206) 606-2500 for guidance regarding testing and quarantine.