

STOP THE SPREAD




Self-Assess Your Risk for Travel

What best describes your following actions:





Who did you travel with?

	Risk
Myself	
Members of my current household	
Person(s) living in another household	




Transportation (i.e. bus, cab, etc.)

	Risk
Not applicable or used my own vehicle	
All persons in the vehicle wore masks	
One or more of those in the vehicle did not wear a mask	

Flight

	Risk
Not applicable	
Airline followed CDC guidelines and middle seat was <i>not</i> occupied by a passenger	
Airline followed CDC guidelines and middle seat was occupied by a passenger	
Airline <i>did not</i> follow CDC guidelines	

Stop for fuel/car charge/purchases/bathroom break

	Risk
Did not stop	
Did stop, however, everyone wore a mask, everyone was six feet apart or more and everyone sanitized/washed hands when appropriate	
Did stop, however, everyone was <i>not</i> wearing a mask near me, or all were <i>not</i> always six feet apart, or all did <i>not</i> always sanitize/wash hands when appropriate	

Lodging

Risk

Stayed at hotel, motel or bed and breakfast where I was assured each room is cleaned and sanitized in accordance with CDC guidelines



Stayed at hotel, motel or bed and breakfast where I am unsure each room is cleaned and sanitized in accordance with CDC guidelines and I did not clean it myself.



Stayed with friends and/or relatives or had visitors come to their home and we all wore masks at all times and/or stayed a minimum of six feet apart



Stayed with friends and/or relatives or had visitors come to their home and all *did not* wear masks at all times and/or did not stay a minimum of six feet apart



Restaurants/eating

Risk

Food included items from home that I or someone in my current household prepared



Used curbside carryout or drive-thru. Sanitized/washed hands before eating and disposed of items properly



Food was prepared by friends and/or family (outside of my current household) where we visited. Used clean utensils and stayed outside of six feet



Food was prepared by my friends and/or family and did *not* use clean utensils and/or dined within six feet of someone outside of my current household



Dined at a restaurant. Customers social distanced and wore masks around me until it was time to eat in accordance with CDC



Dined at a restaurant. Customers *did not* social distance and there were individuals (including myself) that did not wear a mask in accordance with CDC



Purpose of your travel

Risk

Engaged in one or more activities where there was *little to no* social distancing observed and individuals were *not* more than six feet from you without masks. This includes friends and/or family members who *do not* live in your household



Engaged in one or more activities where there was always social distancing and individuals were six or more feet away. This includes friends and/or family members who *do not* live in your household



How do you view COVID-19?

Risk

I am extremely to very cautious. I understand CDC guidelines and make every effort, or strive to adhere to them



I am somewhat cautious. I pick and choose the guidelines I want to follow



I follow the rules at work. However, outside of work I make my own choices about my behaviors



Is there anything that occurred during your travel that could put your colleagues at risk?

Risk

Yes



No



How do you or your travel companion(s) feel?

Risk

Not well



Feel fine



If you selected one red box, Human Resources may require you to self-isolate for up to 14 days depending on the circumstances. This decision will be made following a discussion with you to obtain more information. If your position allows you to telecommute, you can continue to work as long as you feel well. Employees may reduce the amount of time they remain in self-isolation by taking a COVID-19 test. Tests are most effective three (3) days after the last day a high-risk exposure occurred. If you have traveled, HR can assist you to get tested at the Detroit Fairgrounds for free or you contact your healthcare provider for a test.

The current University of Detroit Mercy travel policies are in place to protect our employees and students. Please take care of yourself and your loved ones. We are Titans Together!