

Inter-Department Memo

DATE: December 2020
TO: Distribution
SUBJECT: Personal Travel Information
FROM: NASSCO Human Resources

According to the Centers for Disease Control and Prevention (CDC), traveling increases the chance of getting and spreading COVID-19. Both state and local public health officials have indicated that staying home is the best way to protect yourself and others.

On November 13, 2020, the State of California issued a travel advisory for all non-essential travel, encouraging all Californians to stay home or in their region and avoid non-essential travel to other states or countries. This recommendation currently does not apply to individuals who cross state or country borders for essential travel. See <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Travel-Advisory.aspx>

On December 6, 2020, the Southern California region triggered the State's Regional Stay-at-Home order, which further encouraged Californians to cancel any non-essential travel.

Individuals travel at their own risk during this time, and those that must travel are encouraged to monitor their own health. If experiencing any COVID-related symptoms, please follow all company protocols including staying home and calling the HR CV19 call-in line at (619) 544-8585 to obtain further instructions. If you believe you were in contact with a positive COVID-19 individual, please follow this same process. It is everyone's obligation to reduce the spread of COVID-19 and do the right thing.

For more public health information about travel risks and guidelines see:
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

The CDC provides the following safe travel tips:

- 1. Consider whether COVID-19 is spreading at your intended destination.**
The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.
- 2. Do you live with someone who might be at increased risk for severe illness from COVID-19?**
If you become infected while traveling, you can spread the virus to loved ones when you return, even if you don't have symptoms.
- 3. Are you at increased risk for severe illness from COVID-19?**
Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19.
- 4. Does your destination have requirements or restrictions for travelers?**
Some state, local, and territorial governments have requirements, such as requiring people to wear masks and requiring those who recently traveled to stay home for up to 14 days. Check state, territorial, tribal and local public health websites for information before you travel.
- 5. Consider COVID-19 testing for yourself before and after travel.**