

From: [Graduate Dean Elizabeth Watkins](#)  
To: UCSF PhD and Masters Students  
Subject: **Travel and COVID Testing for Graduate Students**  
Date: Thursday, November 19, 2020 7:19:24 PM

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Dear Graduate Students,

You may be planning to take a holiday in the next few weeks, but the COVID pandemic has no such plans. Cases are rising; hospitals across the country are filling; and many states, including California, are once again tightening restrictions on businesses, schools, and public events in order to protect public health.

We realize that many of you have made or are making plans to travel during this period, but the advice offered by epidemiologists is simple: DON'T. Travel increases the likelihood of further spread of the virus, with risks to you and your loved ones. If travel is not absolutely necessary, please stay in the Bay Area. Note that all methods of travel present a risk – not only flying. Similarly, travel by others to your home from outside of the Bay Area also poses a risk to you and others.

Even if you stay in the Bay Area, please follow these additional safety guidelines: Do not share meals indoors with people who don't live with you or engage in any other high-risk activities. Wear a mask and practice physical distancing. This is just as important on Thanksgiving, Christmas, Hanukkah, or New Year's Eve as it is on any other day. This advice is aligned with the latest public health orders from the State and the City and County of San Francisco.

If you *must* travel outside the Bay Area, consider obtaining a COVID test through the San Francisco Department of Public Health prior to traveling, and self-isolate at your destination for 7-14 days in order to protect the people you visit and fellow travelers. In addition, we expect that you will continue to follow SFDPH guidelines for harm reduction: mask wearing, physical distancing and avoiding indoor group activities involving people from more than one household.

Additionally, graduate students who do travel outside the Bay Area (or those who stick around, but may have been exposed through a high-risk situation) will be required to comply with one of the following before returning to campus:

1. Self-quarantine for 14 days to monitor for symptoms; *or*,
2. Self-quarantine for 7 days to monitor for symptoms and get and submit proof of a negative COVID-19 test on day 7 (or later) of the quarantine.

Please consult the Student Health website for [information on how to get tested](#).

If you live in campus housing, you will receive further guidance from Housing Services.

All classes for graduate students are now being conducted remotely, and if you are able to do your research/work from home, you should continue to do so. Note that in

order to reduce the number of people on campus, the Library will be closed from Thanksgiving through January 18.

Holiday traditions are important to all of us. Please keep yourself and your loved ones safe this year to ensure you can carry on your traditions for many years to come!

Sincerely,

Elizabeth Watkins and Liz Silva

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