

Definitions

Both quarantined and isolated individuals must remain in their homes or hotel rooms. The purpose of this restrictive action is what distinguishes the two actions.

Quarantine: keeps someone who might have been exposed to the virus away from others. If people undergoing quarantine live with others, the other members of the household must also go through quarantine or the quarantined individuals must separate themselves from other members of their household.

Isolation: keeps someone who is infected with the virus away from others. If infected people live with others they should also separate themselves from other members of their household.

Strict Social Distancing: is a term ARO adopted from the State of Alaska that summarizes CDC's pre-travel guidance and other best practices. The goal of Strict Social Distancing is to avoid close contact, which means remaining six feet away from anyone not in the immediate household.

To achieve this goal travelers must avoid venues like:

- Large social gatherings such as weddings, funerals, or parties
- Mass gatherings, like sporting events, concerts, or parades
- Businesses like restaurants, bars, fitness centers, or movie theaters
- Trains, buses, airports, ride-shares, and public transportation
- Cruise ships, ferries, or river boats
- Occupied office buildings, schools, and day-care centers
- Contact or quasi-contact sports, such as basketball, hockey, football, and soccer

And:

- Wear face coverings and remain six feet away from anyone not in their immediate households
- Use delivery or curbside pick-up for groceries, meals, or other errands

Attachment 1 Summary of Travel Requirements and Websites

Though ARO intends to keep this document as current as possible, the summaries in the following table may not be the most current guidance. Travelers should check the included links for any updates. Please note that **NSF may have additional or more restrictive requirements. Travelers must follow all applicable requirements.** Science Project Managers (researchers) or HSE managers (staff) will also notify travelers of changes.

Summary of Travel Requirements and Websites	
Destinations	Requirements Summary and Website
New York	<p>As of June 25, 2021, the New York State Travel Advisory is no longer in effect.</p> <p>https://coronavirus.health.ny.gov/covid-19-travel-advisory</p> <p>Note: NSF requires 4 days of quarantine and a test on the 5th day for all Greenland bound travelers.</p>
Albany	<p>Albany's guidance is the same as the State of New York's</p> <p>https://www.albany.org/coronavirus-information-and-resources/</p>
Baltimore	<p>As of July 1, 2021, the COVID state of emergency in Maryland expired. Travelers must continue to follow CDC and NSF guidance.</p> <p>https://www.bwiairport.com/COVID19#</p> <p>https://governor.maryland.gov/covid-19-pandemic-orders-and-guidance/</p>
Kangerlussuaq Greenland	<p>Greenland requires travelers to complete the SUMUT form and receive a confirmation e-mail prior to travel. Both Greenland and Denmark require travelers to obtain a negative RT-PCR COVID test result within 72 hours of arrival. Upon arrival travelers may obtain another test on the 5th day after arrival (Day 1 = day of arrival) but must remain in quarantine until negative test results are received.</p> <p>Danish Travel Regulations</p> <p>Greenland Travel Regulations</p> <p>https://visitgreenland.com/articles/corona-virus-status/</p> <p>Note: GoG is restricting travel. Any travel to Greenland from the U.S. is by exception and must be negotiated by NSF well in advance.</p>
Thule Air Base, Greenland	<p>Passengers to Thule Air Base are participants in an agreement between the Department of Defense and the GoG. They must have a Thule travel authorization and have obtained a negative RT-PCR COVID-19 test result within 72 hours of arrival. Everyone traveling to Greenland via Thule will quarantine on base for 7 days, followed by a test on Day 8.</p>