

Protocol for Alaskan DOF employees returning from L48 assignments September 18, 2020

As of August 11, 2020, the Governor's new [travel guidelines](#) apply.

- When returning from the Lower 48, complete a Travel Declaration Form and Self-Isolation Plan in the [Alaska Travel Portal](#).
- If possible, test 72 hours prior to departure. You are encouraged to get a COVID test and charge it and any necessary quarantine to their incident.
 - Since returning Alaskans can get tested free in Alaska, you should only get tested in the L48 if the incident or you personally will cover the cost of the test.
 - Upload negative result into the [Alaska Travel Portal](#) or have results available to show screeners at the airport.
 - If still awaiting results by arrival time, you will need to upload proof of a test taken into the Alaska Travel Portal or show that proof of a test taken to an airport screener and self-quarantine, at your own expense, while waiting for results. The results must be uploaded into the portal when received.
 - If you have not taken a test before departure from L48, testing at arrival in Alaska is available at no cost to Alaska residents at the following locations:
 - If you are arriving in Anchorage (Ted Stevens International Airport), you must pre-register by accessing the [Capstone COVID 19 Testing Pre-Registration Portal](#).
 - If you are arriving in Fairbanks (Fairbanks International Airport), you must pre-register by accessing the [Beacon COVID 19 Testing Pre-Registration Portal](#).
- You must **quarantine** at home (see definition below) while waiting for the first test results. If the first test is negative, you must adhere to **strict social distancing** guidelines (see definition below) for 14 days after arriving into the state, or until you receive a second negative test result from a COVID test taken 7-14 days after arrival.
 - EFF employees are not eligible for COVID leave during quarantine and strict social distancing.
 - Seasonal workers are not eligible for COVID leave after seasonal layoff.
 - Full-time DOF employees should telework from home if you can during quarantine and strict social distancing. If teleworking is not an option, you are eligible for COVID leave, and should fill out the [Verification Form](#) to submit to Payroll.

What is quarantine? From [CDC COVID webpage](#).

- Stay home, separate yourself from others, monitor your health, and follow directions from your state or local health department.

What is strict social distancing? From [DHSS COVID webpage](#).

- You may be in an outdoor public place, but stay six feet away from anyone not in your immediate household and wear a face covering.
 - You may arrange curbside shopping or have food delivery.
 - Please do not enter restaurants, bars, gyms, community centers, sporting facilities (i.e., ice rinks, gymnasiums, sports domes), office buildings, school or daycare facilities.
 - Do not participate in any group activities, including sporting events and practices, weddings, funerals, or other gatherings.
- Alaska residents traveling *within the state* may get free testing at airport sites to prevent bringing the virus into our small communities.

- If you test positive for COVID-19, whether or not you have symptoms, you need to isolate¹ for at least 10 days at home. You may return to work after 10 days if your fever has resolved for at least 72 hours, and all other symptoms are resolved. You must telework or use COVID leave during isolation.

Travel back to the L48 during travel quarantine

After you return from the Lower 48, you are encouraged to wait at least for your first negative test result before returning to the L48 for another assignment. However, in instances of critical need, you need not wait until your test results are received or your travel quarantine or strict social distancing is over to go back to the Lower 48.

When traveling in the Lower 48 from state to state, you are responsible for determining COVID mandates for each state and complying with them.

¹ Isolation separates sick people with a contagious disease from people who are not sick.