

QUARANTINE

VERSUS

STRICT SOCIAL DISTANCING

DOs & DON'Ts for Travelers in Alaska

PREPARED BY



VIA covid19.alaska.gov

WHO & WHEN

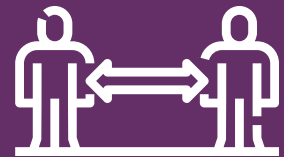
WHAT YOU CAN DO

WHAT YOU CANNOT DO



QUARANTINE

- When you believe you may have been exposed to COVID-19
- After out-of-state travel, while awaiting initial test results
- If test results are pending you may travel directly to your final destination to quarantine (lodging, residence, RV, campsite or wilderness) as long as you have cell/internet service to receive your results.
- You may go outside on private property connected to your quarantine residence, but no public spaces.
- You may arrange curbside shopping or have food delivered.
- You may seek medical care, but should call ahead.
- You may leave your quarantine location only for medical emergencies or to seek necessary medical care.
- Do not visit any indoor or outdoor public spaces.
- Do not allow visitors in your quarantine location, except emergency personnel.



STRICT SOCIAL DISTANCING

- After submitting one negative test that meets State guidelines
- While awaiting your second negative test (7-14 days after out-of-state arrival)
- You may be in an outdoor public place, but you must remain 6 feet away from anyone not in your immediate household/quarantine group, and you must wear a face covering.
- You may arrange curbside shopping or have food delivered. See a full list at bit.ly/covidbizlist
- You may seek medical care, but should call ahead.
- You cannot enter indoor public spaces like restaurants, bars, gyms, community centers, sporting facilities, office buildings, schools, or daycares.
- Do not participate in any group activities, including sporting events and practices, weddings, funerals or other gatherings.