

## What does “strict social distancing” mean?

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The health order states that strict social distancing should occur after a traveler has arrived with one negative test result taken within 72 hours of departure until 14 days after arrival in Alaska, or until a negative result is returned from a second COVID-19 test taken 5-14 days after arrival.

Here’s what these travelers need to do to practice strict social distancing:

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.

At a minimum, travelers would be practicing strict social distancing at least the first 5 days after arrival and until a second negative result is returned. This is different than a quarantine when you are a close contact to a known COVID patient. In that situation, a full 14-day quarantine is needed and there is no test-based strategy to shorten this period.

<https://covid19.alaska.gov/faq/>

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### *What this Means for SST*

*SST is required to follow all State Health Mandates. Members who travel out of state must receive one test (within 72 hours of return departure or upon arrival into Alaska) and follow strict social distance for 14 days. **The 14-day period may be shortened** with a follow up test taken 5-14 days after arrival into Alaska. Swimmers may not participate in SST activities until 1) 14 days after arrival into Alaska, or 2) a second negative test result is received. Thank you for helping us follow State Mandates and keep our community safe.*