

CPS Fairbanks Quarantine Fact Sheet

Objective

This factsheet provides information to researchers who intend to conduct Alaska fieldwork in 2020 and who must complete a mandatory 14-day quarantine due to COVID-19. NSF is observing all State of Alaska Health Mandates related to COVID-19. For more information on current mandates from the State of Alaska, please visit: <https://covid19.alaska.gov/health-mandates/>. CH2MHILL Polar Services, NSF's contractor for Arctic Logistics, will provide support for the quarantine period.

The purpose of a quarantine is to protect both travelers and the communities. The expectation is that all travelers who enter quarantine in Fairbanks – whether at their homes or in local hotels – will remain isolated from other individuals for a period of 14 days.

- Stay in your hotel room or home for 14 days.
- All housemates or family members must follow quarantine rules as well.
- Solo walks, hikes, runs or other outdoor activities are acceptable and encouraged, so long as there is no contact less than 6 ft distance with anyone else.

- We expect all in-state residents to conscientiously quarantine: this quarantine can include taking a solo walk in unpopulated areas. However, do not go into populated areas such as grocery stores. People who live in your house need to quarantine also, or you need to have an arrangement so that you do not interact with them during quarantine.

- For a traveler from out of state, you are required to comply with [State Health Mandate 10](#). We encourage all travelers to choose [on your [traveler's declaration](#)] to obtain a PCR (COVID) test either before arriving or upon arrival in the airport. You will then be required to quarantine until you or we receive your first test result. This is a strict State-mandated quarantine, and does not permit leaving your hotel room, except for medical treatment. Once your first results come in, the State indicates that you should “minimize interactions” for the remainder of the quarantine. We interpret this as allowing for a solo walk in unpopulated areas.

- Under no circumstances is it allowed to go into stores, restaurants, bars, public places, etc.

Before you travel to the State:

- Complete the CPS survey: <https://www.surveymonkey.com/r/6DMSW77>
- Make reservations to field locations, when applicable:
 - For Toolik Field Station, please make a reservation ASAP before 6/24 on the MyToolik system: <https://toolik.alaska.edu/mytoolik/>
- Develop your protective plan and send it to the State of Alaska and your institution.
- Provide copies of the approved plan, emails indicating approval, as well as proof of medevac insurance for all travelers to <CPS-Quarantine@polarfield.com>

- You will be undergoing a mandatory 14 day quarantine with testing and can check box 3a or 3b to indicate this on you Alaska Traveler's Declaration Form:
<https://covid19.alaska.gov/wp-content/uploads/2020/06/06032020-Mandate-10-Travel-declaration-form-Ver-1.2-6-3.pdf>

NSF also requires a COVID-19 screening/questionnaire form be received and screened prior to every individual Arctic deployment. The questionnaire will arrive approximately seven days prior to departure. It can be completed electronically and should be returned **3-4 days prior to departure from home** to quarantine. The form will be coming from "Carol Rowe <echosign@echosign.com>" subject: "Arctic Wellness Screening Questionnaire". You will be asked to confirm if you have been around anyone with COVID, if you currently have any symptoms, and specifics about any travel within the last 30 days.

PPE during travel

CPS will provide PPE (personal protective equipment) for researchers traveling to Fairbanks via aircraft. The following are items will be mailed to your home address:

- Disposable thermometers
- Gloves
- Cloth masks (2 ea)
- Hand sanitizer - up to 12oz allowed for air travel
- Small pack of disinfecting wipes
- Safety glasses (1 pair)

For instructions on how to properly wear PPE, please visit:

<https://www.youtube.com/watch?v=acaWNq65IPk&feature=youtu.be> Following are general guidelines for travel with considerations for COVID-19:

- Follow [CDC travel guidelines](#) while traveling.
- Wear nitrile gloves, safety glasses, face mask while traveling.
- Maintain a six-foot distance from others.
- Wash hands with soap and water for 20 seconds or more and use hand sanitizer frequently.
- If you have dietary restrictions, bring enough food from home or your departure location so that you are not dependent on airline or airport food during travel.

Instructions on hotel shuttles

Shuttle service is available to both Sophie Station Suites and the Wedgewood Resort in Fairbanks, AK. The shuttles are running with social distancing in mind, with limited numbers of people on each shuttle (up to 5 people at a time). To get the shuttle, please call after you have collected your luggage in Fairbanks:

- For Sophie Station Suites (907) 479-3650
- For Wedgewood Resort (907) 452-1442

Quarantine lodging accommodations – reservations process and no-contact rules

For non-residents, lodging is being provided by the National Science Foundation during your quarantine. CPS will make reservations based on the information you provide in your [CPS survey](#).

If you already live in Fairbanks, it is acceptable to observe the quarantine at home. All your household members will have to comply with the quarantine requirements listed above.

If you live elsewhere in Alaska, while it is encouraged to quarantine in Fairbanks, it is acceptable to quarantine in your home as well. Please note that any air travels to Fairbanks would negate the quarantine. We will ask that you do your second and final COVID test in Fairbanks, and stay in the quarantine hotel until you get the results.

Check In (Provided by Fountainhead Resort)

- Reception desks have been modified with a plexiglass barrier between staff and guests. Barriers have been placed to ensure that guests do not approach at an unsafe distance.
- Guests fill out paperwork at the front desk at a designated location that maintains social distancing. Keys are placed on the Front Desk for guests to pick up along with a map as appropriate. Staff then maintains appropriate distance to answer any questions.
- Clipboard is used to offer registration form at a safe distance. Clipboard and pen are disinfected after each use and guests are offered a disinfecting wipe to clean their credit card and/or ID before offering to staff.
- Any guest who has tested positive must use the distance check in method supplied to them at the time of reservation. This will involve a credit card authorization prior to arrival, pre-keying the room, having the guest pick up their keys on a designated table outside the entrance, guiding the guest via mobile phone to the outside entrance nearest their room. After entering the room, the guest must then avoid all public areas of the hotel and grounds.

Check Out (Provided by Fountainhead Resort)

- All departing guests receive a folio for their express checkout the last night of their stay. They are encouraged to leave the keys in their room when they depart and to bypass the Front Desk altogether.
- When a guest must stop by the desk, staff maintain distance unless accepting something from or giving something to the guest.

No-contact rules (Provided by Fountainhead Resort Guidelines)

- All guests will be screened by reservations and again when checking in to determine whether their recent travel indicates 14-Day self-quarantine status and to ensure that guests occupying each room are all members of the same household.
- Guests who have had direct contact with a known case will not be allowed accommodation without express permission from the hotel's COVID-19 leadership group.
- Guests in self-quarantine who test positive for the virus will be elevated from self-quarantine status to isolation status.
- Should a guest fail to comply with instructions related to self-quarantine or isolation, the hotel staff will immediately contact their employer to seek assistance in assuring compliance. We reserve the right to deny accommodation on the grounds of non-compliance.

Fountainhead resorts has issued COVID-19 guidelines for guests. The full guidelines can be read here: https://www.fountainheadhotels.com/uploads/1/1/2/9/112964617/covid-19_draft_statement-v4.pdf

Instructions for travelers to arrange food during quarantine

In order to limit any public health impacts, we are asking all researchers to refrain from shopping directly at the grocery store upon arrival to Fairbanks, and no shopping in person once you start the quarantine. It is possible to arrange grocery and food delivery to the hotel during your quarantine period. Here is a list of food resources available in the Fairbanks area:

- [Instacart](#) allows users in Fairbanks to order directly from 3 grocery retailers including Costco, Safeway, and Fred Meyer. Delivery fees apply, but delivery can often take place on the same day within a few hours of ordering.
- [Fred Meyer](#) locations in Fairbanks offer delivery on the same day (or early next day if the order is made late in the day) for a \$9.95 fee.
- [Safeway](#) in Fairbanks offers contact-free delivery on the same day (or early next day if the order is made late in the day) for a \$9.95 fee.
- [Walmart](#) offers contact-free delivery of groceries and housewares. There is a \$30.00 minimum charge for delivery orders. These orders often are not available on the same day and require advance scheduling, often a few days in advance.
- [Door Dash](#) offers restaurant delivery from 47 Fairbanks Restaurants to both Sophie Station and Wedgewood. They offer a no-contact delivery option. Delivery fees range from \$1.99 to \$4.99 per order depending on the restaurant.
- AK Speed Eats is a Fairbanks based food delivery app. They offer delivery from many local restaurants during standard lunch and dinner hours, 11:00 am to 2:00 pm and 5:00 pm to 8:00 pm. In order to see the offerings, you would need to download their app on your smartphone.
- [Dumpling](#) is an app-based delivery service. In Fairbanks, Al-a-Cart (through the Dumpling app) can complete personal shopping tasks and deliver to the hotel. Local contact Alice Orlich can also be reached by email (alacart.alaska@gmail.com) or phone (907) 978-4747.
- Hotel room service from Zach's Restaurant and Express Room (Sophie Station) is available every day from 11:00 a.m. until 7:00 p.m. To order, call (907) 479-3650.

Please note that it will be more difficult to accommodate any specialty food for dietary restrictions. If this applies to you, please plan to bring any necessary specialty food from home and CPS will reimburse for excess baggage charges for food with receipt. We advise you to travel with favorite food items for at least 2 days as grocery delivery services may take 1-2 days to schedule.

Instructions for testing during quarantine

Beacon Occupational Health and Safety will be providing Polymerase Chain Reaction (PCR) testing for COVID-19 on Day 2 and Day 11 of your quarantine in Fairbanks. This is the nasal swab test (<https://www.youtube.com/watch?v=syXd7kgLSN8&t=104s>). Testing can be done at your door in your hotel room. CPS will schedule this based on your initial survey dates. For those travelers coming from Fairbanks, please also fill in the CPS Fairbanks Reservation Form (<https://www.surveymonkey.com/r/6DMSW77>) - we will schedule testing at the quarantine hotel. For travelers coming from other areas of the state, you should arrange your own testing for day 2, and come to Fairbanks for the final 5 days of your quarantine, and the final PCR test. Again, please fill out the [CPS Survey form](#).

Instructions for medical concerns

If during quarantine you need medical care, there are several walk-in clinics and Fairbanks Memorial Hospital in the community. Please notify CPS and Toolik Field Station if you do feel ill. Travel to a clinic for health care will reset your quarantine.

Instructions for miscellaneous needs during quarantine

CPS can provide very limited expediting to researchers if necessary, for example pharmacy items such as prescription medication. For critical expediting needs, please email CPS-Quarantine@polarfield.com

Sophie Station and Wedgewood resort will do laundry for you by request. The hotel is happy to do laundry for guests in quarantine and it is offered at the same rate you would pay for laundry tokens to do on your own. They can offer same day service in most circumstances and when that's not possible, next day. The hotel recommends against sending anything delicate through their laundry as they utilize commercial machines.

If you are exercising and are in the quarantine hotel, please call and notify the front desk so they are aware you have left your room and notify them when you return. You can let them know you are taking a short walk and following your organization's protective plan.

CPS will not provide alcohol. There are personal shopping resources (Al-a-Cart) in the previous section that may deliver alcohol upon request.

While in quarantine you can receive mail directly to the hotel, please just have your name clearly marked on the package and the front desk will arrange delivery. For Sophie Station: RESEARCHER NAME c/o Sophie Station Suites 1717 University Avenue, Fairbanks AK 99709. For Wedgewood Resort: RESEARCHER NAME c/o Wedgewood Resort 212 Wedgewood Drive, Fairbanks AK 99701.

Instructions for per diem reimbursement

CPS will provide reimbursement for food expenses **for researchers in the quarantine hotel**, for the duration of your quarantine, but not including your travel days. Reimbursement at \$55/per day will be provided via an expense report that CPS can submit on your behalf. CPS payment can go to an individual or a department (if for example you received a travel advance). Payments can take up to 4 weeks to be received [please note that the payment will come from the Prime contractor Jacobs Engineering]. CPS can set up an ACH for direct deposit to an account.

Transportation - Fairbanks > Toolik Field Station

Each traveler's body temperature will have to be measured on the morning of departure before getting in a vehicle to travel to TFS. Please take a photo with your phone and send to CPS-Quarantine@polarfield.com and UAF-toolik-safety@alaska.edu

At the end of your quarantine and testing, there are several options to travel to TFS:

- TFS shuttle - You should have reserved a seat when making your reservation. Coordination should be made via uaf-iab-tfs-logistics@alaska.edu
- TFS vehicles - make sure you reserve a seat when you make a reservation. TFS Fairbanks staff in Fairbanks will drop off the vehicle at the hotel, and sanitize it before you can drive it to the station. Coordination should be made via uaf-iab-tfs-logistics@alaska.edu
- CPS-leased vehicle for your project. CPS Fairbanks staff will drop off the vehicle at the quarantine hotel. Please coordinate with your CPS Project Manager.
- A vehicle owned by your project or rented from an entity other than CPS, that you will already have available at the quarantine hotel.

Contacts:

- CPS email will be checked on a regular basis - CPS-Quarantine@polarfield.com
- CPS Fairbanks main line 907-455-4201
- Toolik Field Station POC: Faustine Bernadac - fcbnadac@alaska.edu, 907-750-1772