

## Human Resources: Maintaining Legal Status while in the U.S.

To maintain legal status in the United States:

- Maintain required documentation. Ensure that enabling documents (Form DS-2019, I-20, I-797, etc.) and I-94 are always accurate and unexpired.
- Engage only in activities permitted under your program and category.
- Apply for extensions of stay prior to the expiration date on your current visa documents.
- Do not engage in unauthorized employment.
- Do not travel outside of the U.S. without the proper re-entry documents.
- Exchange visitors (J-1 and J-2 visa holders) are required to obtain sickness and accident insurance and maintain this insurance throughout the entire period of program participation.

As a foreign national, you have the responsibility to maintain lawful status while in the United States. Become knowledgeable and stay informed about information that impacts your status.

*Last updated: July 29, 2014*

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