



BUILDING RELATIONSHIPS WITH TOMORROW'S LEADERS
WE ARE SD81

SD81 Board of Education
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CDC RECOMMENDATIONS ON TRAVEL DURING COVID-19 PANDEMIC

Dear SD81 Learning Community,

Please follow Centers for Disease Control and Prevention (CDC) current recommendations specifically regarding travel, which can be found [here](#). The CDC has outlined specific procedures for domestic and international travel, which do vary depending on vaccination status. Please be familiar with these guidelines and communicate with your child's principal if you are planning for your child to travel.

While traveling, wearing a mask over your nose and mouth is required. Continue social distancing and hand washing.

Recommendation for domestic and international **unvaccinated travelers (including children)** upon return:

- After you travel:
 - Get tested with a [viral test](#) 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
 - If you don't get tested, stay home and self-quarantine for 10 days after travel.
 - Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all [state and local](#) recommendations or requirements.

Please contact the school if you have been around anyone who was sick or a positive case of COVID-19 during your/your child's travel. Continue to contact us with all possible COVID-19 symptoms and positive cases of family members.

Thank you for your part in following CDC guidance as we work together to keep everyone safe and healthy.

Sincerely,

Jeanne Keifer

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District 81 Nurse

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