

COVID 19- HEALTH SCREENING & Travel Guidelines

One question that is sometimes confusing for families is: **In the last 14 days, have you or anyone in your household been tested, been advised to be tested, or is awaiting test results for COVID-19 (regardless of the result)?** If you can answer yes to this question, please keep your child home and contact the school's administration for guidance. Please review and adhere to our practice on travel during this time of high viral transmission in our state. It is below. We have done a great job as a school community mitigating viral spread in our school. Let's continue to follow the CDC's recommendations and the practices that have helped us maintain a healthy environment for us all.

A. Do you or any member of your household:

- Have a fever of 100.4 F or above now or in the preceding 72 hours?
- Have a cough?
- Have a sore throat?
- Have any muscle aches?
- Have any difficulty breathing?

B. In the last 14 days, have you or anyone in your household:

- Had a suspected or confirmed case of COVID-19?
- Been tested, been advised to be tested or is awaiting test results for COVID-19 (regardless of the result)?
- Self-isolated or been directed to quarantine due to Covid-19?
- Traveled to a restricted area?
- **Have you been adhering to the CDC's guidance on social distancing?**

Updated Travel Practice

Due to the high level of viral spread across the country (https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days), The Clifton School will implement the following practice for winter holiday travel (domestic and international). All children or staff should not return to school for a minimum of 7 days after a trip. Children or staff who travel should be tested for COVID-19 3-5 days after traveling. Families who do not want to get their children tested will not return to school for 10 days after traveling. The safest thing would be to not travel at all.

Please review the CDC's post-travel recommendations below:

After You Travel:

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. **You and your travel companions (including children) may pose a risk to your family, friends, and community after your travel.**

- Consider getting tested with a [viral test](#) 3–5 days after your trip and reduce [non-essential activities](#) for a full 7 days after travel, even if your test is negative. If you don't get tested, consider reducing non-essential activities for 10 days. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Remember: Keep your child home if they are sick or have been around anyone who is sick.