

FARMINGTON RIVER REGIONAL SCHOOL DISTRICT

Otis & Sandisfield

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Subject: Travel guidance for the upcoming holiday seasons

Dear Parent/Guardian(s),

I would like to first thank the Farmington River Community for their tireless efforts adhering to the COVID 19 guidelines. I would also like to take this time to remind you to proceed with great care during the upcoming holiday season to protect yourselves and the community from an outbreak of COVID-19.

The CDC has recently updated their recommendations regarding domestic travel (UPDATED Oct 4, 2021) for both vaccinated and unvaccinated individuals. The full outline of the CDC Travel Guidance can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.

Below is a summary of the CDC's recommendations for unvaccinated individuals: If **you are not fully vaccinated** and must travel, take the following steps to protect yourself and others from COVID-19:

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.

As a community, we have done some amazing work in keeping the transmission of COVID-19 to a minimum; we must remain vigilant in our approach to controlling the spread and managing our collective health.

Thank you for your time and attention to this matter. Our collective approach to stemming the spread will pay dividends; wash your hands, wear your mask, and maintain social distance...these are the three keys to success! Remember, together we can keep our school open and keep our students and staff safe and healthy!

Regards,



Thomas Nadolny
Principal / Superintendent