

As the number of COVID-19 cases increases across the state and the country, we wanted to take this opportunity to remind our community of some important guidelines and recommendations that are in place to help decrease the spread of this dangerous virus.

**Travel:**

We highly recommend not travelling at this time if you do not absolutely have to. All non-essential travel into and out of the state of Vermont now requires a quarantine period when you return. For example, if you travel to New Hampshire to see family for Thanksgiving, you will be required to quarantine when you return. Even non-essential travel within the state should be avoided. If your travel is essential, please still do so as safely as possible; for example, if grocery shopping, only one person in a family should go into the store, and try to limit your trips to the store as much as possible.

Essential travel includes travel for personal safety, health care, care of others, parental shared custody, shopping for food, beverages or medicine, attending school or school-sponsored activities or for work. If you are not sure if your travel is essential, please call your primary care provider or school nurse to ask.

If you are required to quarantine due to travel, you must do so at home for 14 days. If you do not have any symptoms of COVID (including cough, fever of 100.4 or higher, shortness of breath, runny nose, sore throat, new loss of taste or smell, nausea, diarrhea, vomiting, muscle aches, headache or fatigue), you can get a COVID test after 7 days of quarantine and if it is negative end your quarantine at that point. You must wait for the results of your COVID test before you can end your quarantine. If you have questions about quarantining, please ask your healthcare provider, your school nurse, or go to the Vermont Department of Health's website for more information.

**Social gatherings:**

Getting together with anyone who does not live in your home with you is not allowed at this time. This includes both indoor and outdoor gatherings. With the holidays approaching, this is a very difficult thing to ask people to do, but 71% of recent COVID-19 cases in Vermont were due to private parties and small social gatherings, so it is very, very important.

**School and illness:**

If your student has any of the COVID-related symptoms listed above, they will have to stay home or be sent home from school. We are all following the same guidelines from the Vermont Department of Health for returning to school, and will work with your family to get your student back to school as soon as it is safe to do so.

This is really, really hard. As the pandemic extends into the holiday season, feelings of isolation and frustration are likely to increase, as is the desire to spend time with loved ones. The fact that our kids have been able to safely be in school up until this point is due to everyone's hard work; it is now more important than ever to continue that work in order to keep our schools open and our community safe. Please reach out to any of us with any concerns or questions.

Thank you,

ACSD School Nurses, Porter Pediatric Primary Care and Rainbow Pediatrics

