



## Region 1 Travel Advisory and Holiday Activities - Frequently Asked Questions

Please review the information below regarding Region 1 protocols for travel as well as recommendations for holiday activities. Please review the information and let the Principal, the Nurse or the Superintendent know if you have questions.

**Q: What are the Region 1 guidelines for travel starting NOVEMBER 1?**

**A:** The guidelines noted below are the revised safety procedures to be followed during and after travel outside of CT.

- Individuals traveling outside of Connecticut no longer have to quarantine upon their return.
- **All unvaccinated individuals must be tested (PCR test) 5 days after travel. Students may continue to attend school before they test and while they are waiting for test results.**
- Remember to **self-monitor for signs and symptoms of COVID-19** during and for ten days immediately after travel. If at any time you or your children develop signs and symptoms of COVID-19, **self-isolate** (including away from other members of your family/travel party), **contact a healthcare provider, and seek testing**.
- Individuals who are **fully vaccinated do not have to be tested or quarantined upon return to CT**; however they should continue to self-monitor for signs and symptoms of COVID-19 and test/self-isolate immediately should symptoms occur.
- Individuals who have been sick with COVID-19 within 90 days of return to CT do not have to quarantine or be tested when returning from traveling out of the State as long as they do not experience symptoms associated with COVID-19.

**Q: Do individuals who are unvaccinated have to be tested if they travel to the states contiguous to CT (NY, MA, RI)?**

**A:** Yes, all unvaccinated individuals who travel outside of the State of CT must be tested.

**Q: Is there a time limit (number of hours spent in a location other than CT) that triggers the need for unvaccinated individuals to become tested?**

**A:** As has been true in the past, people who travel to nearby locations in NY or MA as part of their regular daily/weekly routine do not have to be tested unless they are experiencing COVID-19-like symptoms. Should that occur, the Region 1 protocols for testing, isolation and quarantine should be followed.

All unvaccinated individuals who travel out of State overnight are required to be tested.

**Q: What are other considerations individuals should be aware of during and after travel?**

**A:** As has been true for previous holiday breaks, all families should continue to follow the [Region 1 Health and Safety Guidelines](#) that have been in place since the beginning of the school year. Additionally, please consult the [CDC guidelines for Holiday Activities](#). Families should be mindful of possible exposure in any large gatherings regardless of their location and should be sure to follow the mitigation practices. This is especially important for those who are not

vaccinated.

**Q: What are the guidelines for international travel?**

**A:** All unvaccinated individuals who travel internationally should be tested on day 5 day after their return to CT. Students can remain in school while waiting for test results. Travelers should continue to self-monitor for signs and symptoms of COVID-19 and test/self-isolate immediately should symptoms occur.

**Q: What guidelines should I follow during family gatherings and holiday activities?**

**A:** Families should follow the same mitigation practices that we follow in our schools when attending gatherings that are held indoors, especially if the gatherings are large and include people from outside of the family pod. It is especially important for unvaccinated individuals to wear masks, maintain social distancing and practice hand hygiene. Please consult the [CDC guidelines for Holiday Activities](#) for additional information.

**Q: What should I do if I or anyone in my family feels ill?**

**A:** If your child or anyone in your household begins to exhibit any of the noted symptoms, or are feeling ill for any reason, please do not send your child to school until you have consulted with your medical provider to arrange for COVID-19 testing or an alternative diagnosis according to the medical provider's judgment. **Additionally, please discuss the healthcare provider's advice with the school nurse before sending your child(ren) back to school.** Unvaccinated students and staff may not come to school if anyone in the household is awaiting test results.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please email the school nurse, if your child(ren) or anyone in your household is referred for testing and follow up with her regarding the test results.

**We are relying on all families to please keep students at home who are not feeling well.**

Please refer any questions not answered here to your Principal/Administrator, Nurse or Lisa Carter at [lcarter@region1schools.org](mailto:lcarter@region1schools.org)