



Dear Arbor Park Families,

We are proud of the honest and ongoing communication our Arbor Park District 145 families continue to give schools when there are COVID symptoms or exposures in the home as well as out of town trips that are planned or taken. Your honesty allows for us to be aware and continue to ensure the safety of all of our students and staff.

Please be aware that you must inform the District if your child(ren) have traveled out of the state or out of the country. Observing current CDC/IDPH recommendations, the District will be enacting a 14-day quarantine for any student who has traveled out of state or out of the country. The 14-day quarantine begins on the day that you arrive home from your travels. During this quarantine, your child will participate in at-home remote learning.

There is current ongoing transmission of novel coronavirus within the [United States](#) and in [destinations](#) throughout the world.

It is important for our families to understand that during travel (domestic and/or international) exposure to COVID-19 may occur. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus.

The following are recommended tips for anyone who has traveled, regardless of the purpose or destination, as a measure to protect others from getting sick:

- It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home, and including when using [public transportation](#).
- [Wash your hands](#) often or use hand sanitizer.
- Watch your health and look for [symptoms of COVID-19](#). Take your temperature if you feel sick.

Follow [state, territorial, tribal](#) and local recommendations or requirements after travel.

Higher Risk Activities

Some types of travel and activities can put you at higher risk for exposure to COVID-19 (see list below). If you participated in higher risk activities or think that you may have been exposed before or during your trip, take extra precautions (in addition the ones listed above) to protect others for 14 days after you arrive:

1. Stay home as much as possible.
2. Avoid being around people at [increased risk for severe illness from COVID-19](#).
3. Consider getting [tested](#) for COVID-19.

What activities are considered higher risk?

Here are examples of activities and situations that can increase your risk of exposure to COVID-19:

- Being in an area that is experiencing high levels of COVID-19, including destinations with a Level 3 Travel Health Notice. You can check the [Travel Health Notices](#) for recommendations for places you have traveled, including [foreign countries and U.S. territories](#). You can also check [states, counties, and cities](#) to determine if these areas are experiencing high levels of COVID-19.
- Going to a [large social gathering](#) like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds – for example, in restaurants, bars, airports, bus and train stations, or movie theaters.
- Traveling on a cruise ship or river boat.

If you know that you were exposed to someone with COVID-19, postpone further travel. Even without symptoms, you can spread COVID-19 to other people on your journey.

If you have any questions or concerns, you may go to the CDC website below:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

Thank you,

School Nurses

Arbor Park School District 145