



The Bridge Academy Updated Travel Guidelines effective March 30th, 2021

Travel at this time can increase your risk of being exposed to COVID-19. The Center for Disease Control is recommending that you do not travel or delay your travel plans. If traveling, these are the current recommendations from the CDC:

- Do not travel if you were recently exposed to COVID-19, you are sick, or if you tested positive prior to travel.
- If traveling, make sure you wear and have extra masks, carry hand sanitizer, and social distance as much as possible from people not in your household.
- Get tested with a PCR viral test 3-5 days after travel AND stay home and quarantine for a full 7 days after travel if your test result is negative. Return to school only if you have no COVID symptoms. If you do, you will need to test again.
- If your test result is positive, ISOLATE yourself for 10 days to protect others from getting infected. You can return to school after 10 days if no symptoms are present (like fever, cough, etc.) after the 10 days of isolation.
- If you do not get tested, stay home for 10 days after travel. Only return to school if you have no symptoms. If you have symptoms, get a PCR test for COVID-19 and follow the same protocol if it is a positive result.

- Avoid being around people who are at an increased risk for severe illness for 14 days, whether you tested or not.
- Please provide a copy of your post-travel negative COVID results to the school nurse if you did the shorter 7-day quarantine.

***** Your child can be switched to remote learning for their post-travel quarantine, but please email or call us and give advance notice to our school administration.**

This will ensure that we can plan for your student to be included as a remote learner on the day after your trip return.

This will also help in planning to provide any materials that may need to be sent home with them in advance.

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