



SAINT DOMINIC ACADEMY

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Dear Families,

Each year many families use school vacation week opportunities for travel, but currently, such travel brings with it additional risks for contracting and transmitting COVID-19, according to the United States Center for Disease Control and Prevention (US CDC). It is critically important that our school communities continue to do everything we can to keep our schools safe, open, and able to provide in-person instruction.

The US CDC has issued strong guidance to the American people to continue to limit our interactions and travel at this time. We encourage our families to know the risks and the requirements for travel, and to communicate with your school principal or school nurse if you are travelling so that our schools can continue to operate safely.

In accordance with Maine travel guidelines, any students who travel within the US to any state other than Connecticut, Massachusetts, New Hampshire, Rhode Island, or Vermont (no restrictions as of 3/5/21 for these states only), will be required to either:

1. Complete a 10-day quarantine upon arrival in Maine and continue to monitor for signs and symptoms for an additional 4 days, OR
2. Obtain and receive a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result within 72 hours prior to arrival back into Maine to forgo the 10-day quarantine.
 - a. Travelers may be tested upon arrival in Maine as well but must quarantine while they wait for test results. A negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test result will allow the traveler to leave quarantine early.

CDC has also provided guidance as it relates to international travel. The current risk assessment level for COVID-19 is at 4, or VERY HIGH, for nearly every country. You can review the risk levels by country, [here: https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html)

At this time, all air passengers coming to the United States, including U.S. citizens, are **required** to have a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding a flight back to the United States. See Frequently Asked Questions about this requirement for more information.

Upon return to the United States, students must quarantine. International travelers can return to school after they:

1. Get tested 3-5 days upon return after travel and receive a negative test result **AND** stay home and self-quarantine for 7 days after travel.
2. Do not get tested and stay home for 10 days after travel.

3. Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.

Any students who have travelled internationally will not be permitted inside the school building for a minimum of 7 days, even if a negative test has occurred.

Returning to work or school after travel is not dependent on the length of time spent within the restricted states or other countries, meaning that a day visit still requires any person to quarantine and/or test as described above. All members of the household who travel must test or quarantine if over 12 months old. Any person who is quarantining should stay home and not have in-person contact with others unless there is an emergency.

Please continue to follow best practice safety protocols: wear a mask, keep physical distance, wash your hands, monitor for symptoms, and help protect our schools and neighbors.

Quarantine and Testing Exemptions for Domestic Travel (Including US Territories)

Vaccination exemption: Individuals who have completed a COVID-19 vaccination series and are 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement above, regardless of their state of origin.

Exemption for those who have had COVID-19: An individual who had a positive COVID-19 molecular or antigen test is exempt from the testing and 10-day quarantine requirement above for 90 days (3 months) after their first positive test, provided they remain asymptomatic.

Quarantine and Testing Exemptions for International Travel (Not including US Territories)

For people who are fully vaccinated (at least 14 days past their final COVID-19 dose) who arrive in Maine:

- Quarantine is not required unless you are experiencing symptoms.
- Testing is recommended 3-5 days after arrival in the US.
 - If the COVID-19 test is positive, [isolate](#).
- Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.

Please contact your school nurse for additional questions.

Sincerely,

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