

Dear Fairlington Parents:

Some of you have been asking about the CDC guidelines and how they affect us and the preschool. When we decided to open school last Fall, we as a staff, made the commitment that we would follow the CDC guidelines and recommendations. Consequently, our staff has not travelled, or hosted family members outside our household bubbles. We are expecting that all of you do the same. If that is not possible, then we require that you keep your children home for 10 days after a trip or a visit from out-of-town friends and family.

We are in a dangerous time as far as the pandemic goes – local cases are at a much higher level than they were in September and while vaccines are coming, the process for receiving them is slow. As a staff, we have been diligent about receiving our first vaccinations. We are looking forward to getting the second shot. But even with all the staff vaccinated, there are still risks until more of the population is vaccinated.

As a director, I take responsibility for keeping the school community safe. I ask for your help in keeping all of us safe and thank you in advance.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

After You Travel

- You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can still spread the virus to others. You and your travel companions (including children) may pose a risk to your family, friends, and community after your travel.
- Consider getting tested with a viral test 3–5 days after your trip and reduce non-essential activities for a full 7 days after travel, even if your test is negative. If you don't get tested, consider reducing non-essential activities for 10 days.
- If your test is positive, isolate yourself to protect others from getting infected.
- Also take these actions for 14 days after you return from travel to protect others from getting COVID-19
- Stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you, particularly in crowded areas. It is important to do this everywhere — both indoors and outdoors.
- Wear a mask to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using public transportation.
- If there are people in the household who did not travel with you, wear a mask and ask everyone in the household to wear masks in shared spaces inside your home.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid being around people who are at increased risk for severe illness.
- Watch your health: Look for symptoms of COVID-19, and take your temperature if you feel sick.
- Follow all state and local recommendations or requirements after travel.
- Conversely, if folks have travelled to see you, please take these same precautions.