

## **Blackstone-Millville Regional School District Travel Policy Out-of-State/Country Travel for Families and Staff**

BMRSD requires that any staff or student traveling out of state for more than 24 hours must obtain a negative COVID-19 PCR test after returning to Massachusetts in order to return to work or school.

You **MUST quarantine for 10 days** or you may opt to obtain a test **after** your arrival in Massachusetts. You **MUST quarantine** until you receive the negative result. If testing is positive, you must follow the protocol for a positive test.

Testing results must be provided prior to return to work or school.

A parent/guardian must notify their child's building administration as soon as they know they will be traveling outside of the states listed above. **Any student who needs to self-quarantine will be expected to participate in asynchronous learning with staff check-ins throughout the day, and will be marked as virtually present so as not to negatively impact student attendance and keep the student engaged in the learning process.**

Below are some helpful tips for self-quarantine after traveling:

1. Stay home from work/school and away from public places. Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.
2. Symptoms of COVID-19 are:
  - Fever (100.0 °F or higher), chills, or shaking chills
  - Cough (not due to other known cause)
  - Difficulty breathing or shortness of breath
  - New loss of taste or smell
  - Sore Throat
  - Difficulty breathing or shortness of breath
  - Headache when in combination with other symptoms
  - Muscle aches or body aches
  - Nausea, vomiting, or diarrhea
  - Fatigue, when in combination with other symptoms
  - Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms
3. If you have a medical appointment, call the healthcare provider and tell them that you have travelled out of state.

4. Take everyday actions to prevent the spread of germs.
  - Clean your hands often with soap and water for at least 20 seconds, or an alcohol based hand sanitizer that contains at least 60% alcohol
  - Cover your cough/sneeze
  - Avoid touching your eyes, nose and mouth
5. Avoid sharing personal items with other people in your household, like dishes, towels and bedding.
6. Clean all surfaces that are touched often, like counters, tabletops, doorknobs and bathrooms.

Thank you for helping us maximize in-person learning, while keeping everyone in our teaching and learning community safe. If you have any questions please feel free to reach out.