

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

BMRSD advises, but does not require, any staff or student traveling outside of Massachusetts but within the U.S. to obtain a negative COVID-19 PCR test after returning to Massachusetts. For international travel, either a 10-day quarantine or a COVID-19 PCR test is **required** on day 3-5 after returning to Massachusetts in order to return to work or school.

For domestic travelers, the State of Massachusetts and the CDC recommend that all unvaccinated travelers be tested.

For international travelers, you **must** quarantine for 10 days or you may opt to obtain a PCR test on day 3-5 **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.

BMRSD's exemptions to Travel Protocol:

- Anyone who is returning to Massachusetts after being out of the State for fewer than 24 hours.
- ***Persons Who Tested Positive within 90 Days of Arrival to Massachusetts and Successfully Completed Isolation:*** Individuals who are COVID-19-recovered, meaning individuals who tested positive more than 10 days but less than 90 days ago and who do not have symptoms, do not need to obtain a negative test or quarantine upon arrival to Massachusetts. COVID-19 recovered individuals arriving in Massachusetts must have documentation of the positive test result, including the date it was taken. This exception does not include COVID-19-recovered individuals who have symptoms of COVID-19. Any individual who has symptoms of COVID-19 must follow all testing and quarantine guidance as outlined in the BMRSD Travel Protocol.
- ***Persons Who Have Been Completely Vaccinated for COVID-19:*** Individuals who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Janssen (J&J) vaccine, more than 14 days prior to traveling and who do not have symptoms, do not need to obtain a negative test or quarantine upon arrival to Massachusetts. This applies to domestic and international travel. COVID-19 vaccinated individuals arriving in Massachusetts must have documentation of their vaccination(s), including the date(s) of administration. This exception does not include vaccinated individuals who have symptoms of COVID-19. Any individual who has symptoms of COVID-19 must follow all testing and quarantine guidance as outlined in the BMRSD Travel Protocol.

A parent/guardian must notify their child's building administration as soon as they know they will be traveling within the US or internationally. **Any student who needs to self-quarantine will be expected to participate in asynchronous learning with a staff check-in.**

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 when in combination with other symptoms
3. If you have a medical appointment, call the healthcare provider and tell them that you have traveled.
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.