


Our Superintendent promised to notify you of any updates to travel: as of 3/11/21, NYS DOH travel guidance for quarantine has been updated and accepted by the NCDOH.

#### NEW INFORMATION FOR DOMESTIC TRAVEL

As of April 1<sup>st</sup>, 2021, Governor Cuomo has announced that no individual is required to quarantine if they are asymptomatic. However, all individuals exposed to COVID-19 or returning travel must:

- Still register with the NYS DOH by filling out the travel health form - This is to assist in contact tracing if needed from state to state. : <https://coronavirus.health.ny.gov/covid-19-travel-advisory>



[COVID-19 Travel Advisory | Department of Health](https://coronavirus.health.ny.gov/covid-19-travel-advisory)

Exceptions to the travel advisory are permitted for essential workers and are limited based on the duration of time in designated states, as well as the intended duration of time in New York.

[coronavirus.health.ny.gov](https://coronavirus.health.ny.gov)

Continue daily symptom monitoring through Day 14 (Very Important to be sure you are completing your daily morning survey: Be sure to read each question carefully.)

- Continue **strict** adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (**even if fully vaccinated**) than continued compliance per NFCSD reopening plan thereafter; and
- Must immediately self-isolate if any symptoms develop and contact the local public health authority or your healthcare provider (**medical provider (Doctor)**) to report this change in clinical status (symptoms) to determine if you should seek testing.
  - If you have any of the following symptoms:
    - Temperature greater than 100.0 F
    - Feel feverish or have chills
    - Cough
    - Loss of taste or smell
    - Tiredness
    - Sore throat
    - Shortness of breath or trouble breathing
    - Nausea, vomiting, diarrhea
    - Muscle pain or body aches
    - Headaches
    - Nasal congestion/runny nose
  - Do NOT come to work
    - Call in AESOP
    - Call the Nurse Practitioner office at 286-0787
    - Call your primary care provider (PCP) for direction

Your PCP will direct you for your care, but you will be required to provide either a note from your PCP stating you are cleared to return to work

OR

A negative COVID test that is a PCR or equivalent.

Our NFCSD Lab screening center will be open every Wednesday during regular school weeks, for your convenience. This is **not** a requirement for travel, but if you are asymptomatic and would like to be screened, please feel free to make an appointment by calling 286-0788.

We hope you have a pleasant travel experience, and please remember to practice social distancing and face covering for the protection of you and your loved ones, even if vaccinated.

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Medical Director/Nurse Practitioner