



Toolkit for Holiday Travel and Gathering

What are you planning for the holidays this year? It's hard to imagine breaking with tradition and celebrating at home, but that is what a lot of families are deciding to do in 2020. Travel does increase your chance of getting and spreading COVID-19, and the way you celebrate this year will have an impact on your family and our school community.

Carrollwood Day School and our families have done well to adapt our lives to prevent the spread of COVID-19, and our data shows that what we're doing works. But as the holiday season approaches, we all need to consider our plans carefully, especially when it comes to travel and gathering.

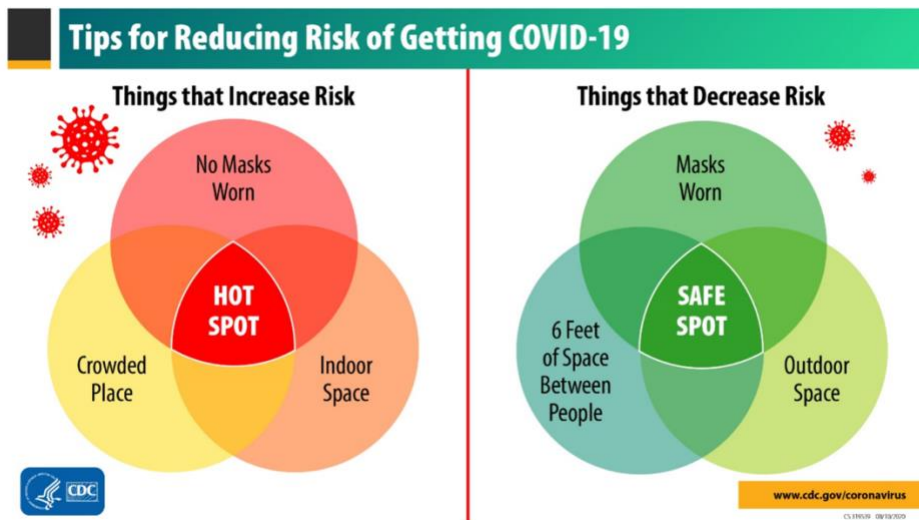
We want to help people understand the risk of travel and then make decisions that are best for their family and our school community. We are sharing this information to help our school community continue to keep each another safe as we begin vacations and holiday celebrations.

This toolkit provides information to help everyone make informed choices based on the risk of getting or spreading the virus. Please be sure to check the "[Returning to School](#)" information on page 3 of this packet.

Travel Questions to Answer

If you are thinking of traveling:

- Where are you going? Start by looking at the [CDC's travel resources](#) to find your destination. CDC reports weekly COVID rates for each [state and territory in the U.S.](#) They also provide a map with risk assessment levels for [every country in the world](#).
 - If you are going to a destination with low risk, it does not mean there's no risk, so you still need to practice prevention measures.
 - You should check quarantine requirements for your destination since every state's rules are slightly different.
- Can you be flexible and cancel your trip last-minute in case someone in your family is sick? Consider purchasing refundable tickets and reserve lodging that offers a free cancellation policy.
- Do you live with someone at [higher risk](#) or are you visiting someone who is higher risk? If the virus spreads to them, they are at increased risk of severe illness.
- Have you gotten your [flu shot](#)? Get a flu shot for everyone in your family who is age 6 months and older. It takes about two weeks for the vaccine to be fully protective.
- Have you had "the COVID talk"? Talk to the people you plan to visit and discuss your comfort with [COVID-19 prevention steps](#), like when people will wear masks, how you will stay 6 feet apart, and whether you can keep gatherings small. Prepare for these conversations to potentially be difficult and require negotiation.



If people are coming to visit you:

- Check the COVID-19 infection rates in areas where attendees live on state, local, territorial, or tribal health department websites. Based on the current status of the pandemic, consider if it is safe to hold or attend the gathering on the proposed date.
- Florida does not require visitors to quarantine. If you are hosting travelers from outside your household in your home, you do not also need to quarantine. But if you're sharing space, you should stay at least 6 feet from the people under quarantine. People under quarantine should wear a mask in common spaces. They should eat in separate spaces and use separate bathrooms. Be sure to disinfect commonly touched surfaces, and check yourself for symptoms for 14 days.
- Discuss your expectations for visitors during their stay. Will people wear masks, stay 6-feet apart, keep the gatherings small?
- Ask your visitors to get a flu shot two weeks before they arrive.

Understanding the Challenges

We understand that most people are growing tired of the pandemic and the lifestyle changes they have made to stay safe and healthy. It is hard to balance our risk of getting sick with COVID-19 and our human need for in-person connection with family and friends, especially during the holidays. We are asking our school community - including students, parents/caregivers, and staff – to make hard decisions about whether to participate in holiday traditions with loved ones that they may have not seen in person for months.

Please weigh your risk and then decide how much risk you are comfortable with. We are very grateful for the changes that families have already made to minimize the spread of COVID-19 in our school.

Our individual choices can profoundly impact the health of our community in this pandemic. Last March, when schools and the economy shut down, we did not have choices about where we could go. Now we have more options, but making these decisions can affect others.

It's easy to let our guard down among friends and family — people we trust. But the fact is, we don't know — and they may not know — if they've been exposed to the virus, and it's those times that the virus can spread very easily.

We have been able to come back to school in person, which is critical for the social and emotional development of our children. But our current situation is fragile, and can change easily. By making safer choices, we can help CDS stay open together.



Alternatives to travel or hosting family

This year, many people will choose not to travel and holidays will likely be smaller than usual. Sharing a meal virtually is not the same as celebrating with family and friends in person, but it could be good enough to get us through 2020. Families may also choose to gather with local friends or family with whom they already interact frequently. This is one way to lower the risk of infection while keeping social connections.

Returning to School

At the end of each school break, all families are required to update the "COVID-19 Questionnaire" for **each student** on the Magnus Health portal before students can return to campus. This brief form will need to be filled out electronically on the [Magnus Health website](#) or app by **November 30, 2020**. This is a self-reporting form and does not require a physician's signature.

- [How to download Magnus App](#) | [Video Tutorial](#)

Following Fall Break, families are encouraged to enroll their children in ALP for the month of December if you have engaged in high-risk gatherings/travel or if you have heightened concerns. Lower School parents (PK4 – 5th grade) should email [Mrs. Buscemi](#) to sign up for ALP after break and Middle School families should email [Ms. Killion](#). Upper School families should complete this form (there are options for less than the full month during December): [US ALP Registration Form](#)

Other Resources

- [Travel during COVID](#) (CDC)
- [Holiday travel during COVID](#) (CDC)
- [Celebrating Thanksgiving](#) (CDC)
- [Deciding to Go Out](#) (CDC)
- [Travel restrictions by state](#) (NYT)