

## **Friendly Reminders for Parents/Guardians from NBPS Health Services**

### **Please keep your child home from school and contact your school nurse if:**

- **Your child or someone in the household is being tested or has tested positive for COVID-19.**
- **Your child has been identified as a close contact to someone who tested positive for COVID-19.** A close contact is defined as being within 6 feet of an individual for at least 15 minutes over 24 hours while the person was infectious. The infectious period begins two days before symptoms.
- **Your child or someone in the household is ill with any COVID-like symptoms** (fever 100.0 or higher, chills, cough, shortness of breath or difficulty breathing, muscle or body aches, fatigue, headache, new loss of taste or smell, nausea, vomiting, diarrhea, sore throat, nasal congestion, runny nose).

### **Travel: To High or Low Risk Areas**

#### **Your child or someone in the household has traveled outside of Massachusetts.**

The Massachusetts travel advisory requires ALL individuals entering Massachusetts, including residents, to quarantine for ten days or produce a negative PCR COVID-19 test result that has been administered up to 72-hours before your arrival in Massachusetts. If not obtained before entry to Massachusetts, testing may be completed after arrival. However, all such arriving travelers must immediately begin the 10-day quarantine until a negative test result has been received.

*\*\*If the adult has received their vaccines, they do not need to quarantine, nor does the child who is 10 and under. However, Children older than ten must be tested or quarantine.*

For children 10 and under, traveling with an adult from their household, testing is not required. Children 10 and under should use the same quarantine requirement and testing options completed by the household adult they accompanied for travel.

#### *Examples:*

- If the accompanying adult chooses to quarantine, the child must quarantine.
- If the accompanying adult decides to obtain a test, the child and adult must quarantine until the adult's negative test result is received.

However, you need to have received both doses of the Moderna or Pfizer vaccines and be greater than 14 days since the 2nd dose. You would follow the same guidelines if you received the Johnson and Johnson vaccine. You will also need to provide proof of vaccination.

Additional travel guidance can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>