

Hi Hedgehogs!

As the holiday season approaches, I wanted to post the current CDC travel guidelines. It is important to review them before traveling, both domestic and international. This information is also located on the Parkland School District webpage under COVID resources, travel, domestic and international. The PSD website also includes a link to the CDC Travel Planner where you can put in the location of where you are going and gain information about restrictions in that area. Here are the links:

[CDC Travel](#)

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Safer Travel Tips for Families with Unvaccinated Children

- Wear a mask over your nose and mouth in public. Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arms lengths) from anyone who is not traveling with you.
- Wash hands often or use hand sanitizer

People You Come in Contact with During Travel

Safer – Contact with just members of your household, contact with fully vaccinated people

Less Safe- close contact with people who are not fully vaccinated who are not from your household

Avoid- crowds



Transportation

Safer- Short road trips with members of your household or fully vaccinated people with few stops along the way. If you fly, try to take flights with the fewest stops or layovers

Less Safe- Longer trips by car or RV with many stops along the way. Trips by car or RV with people who are not vaccinated or not from your household. Flights with layovers.

Avoid- Long-distance train or bus trips. Traveling on a cruise ship or river boat.



Accommodations

Safer- Staying in a house or cabin with people from your household or fully vaccinated people. Visiting a fully vaccinated family member's or friend's home

Less Safe- Hotels or multi-unit guest lodgings with common areas (e.g., bed and breakfasts). Visiting an unvaccinated family member's or friend's home. Renting or staying in a house or cabin (for example, a vacation rental) with people that are not vaccinated or not in your household.

Avoid- Sharing spaces with many people or sharing bathroom facilities (for example, a dormitory-style hostel)



Food

Safer- Bringing your own food and drinks. Getting takeout. Using drive-thru, delivery, and curbside pick-up options and wearing a mask when interacting with restaurant employees.

Less Safe- Eating outside at a restaurant where social distancing is possible and servers and other staff wear masks. Eating inside at a restaurant that is well ventilated, where social distancing is possible, servers and other restaurant staff wear masks, and diners wear masks when not actively eating or drinking.

Avoid- Eating inside restaurants that are poorly ventilated, where social distancing is not possible, servers and staff do not wear masks, and diners do not wear masks when not actively eating or drinking. Self-service options that require extensive touching of surfaces, such as buffets,



Have a great week, *Sheila* RN