



TRINITY LUTHERAN SCHOOL

Travel and High Risk Activities During COVID-- Information for Families

Updated January 2021

We would like to provide more clarification to our COVID-19 guidelines regarding travel and high-risk activities. We recognize that all travel does not necessarily include high-risk activities; conversely, high-risk activities can happen close to home. With that said, participating in the following activities can put you at higher risk for contracting COVID-19:

- Large social gatherings like weddings, funerals, or parties.
- Mass gatherings such as sporting events, concerts, or parades.
- Visiting restaurants, bars, fitness centers, or movie theaters.
- Being on trains, buses, cruise ships, in airports, or using public transportation.
- Indoor gatherings where 6 feet of distance cannot be implemented such as playdates and sleepovers ([CDC](#) guidelines for protecting children).

The [higher the level of community transmission](#) in the area that the gathering is being held, the higher the risk of COVID-19 spreading during a gathering ([CDC](#) guidelines for gatherings).

Travel can increase your chance of spreading and getting COVID-19. Postponing travel and staying home is the best way to protect yourself and others from COVID-19. ([CDC](#) travel guidelines)

After Travel or High Risk Activities

If you do travel or participate in high risk activities, we request that your student be tested with a viral test 3-5 days after you return and that your student attend classes online for 10 days*, even if your child tests negative. Please contact the TLS Office with any questions.

After your travel or participation in any high-risk activity, take special precautions and monitor your health for 14 days. It is especially important to wear a mask around others who did not travel with you, stay at least 6 feet from others, wash hands often, and avoid being around others who are at increased risk of severe COVID-19.

** The CDC recommends waiting 3-5 days before getting tested so that, in the case of infection, enough viral load has accumulated in the body to be recognized by the test itself. Regardless of the test result, we request 10 days of online learning to mitigate the chance of a false negative test, or an asymptomatic patient. If, however, your child is COVID positive AND has symptoms, he/she must stay home for 10 days from symptom onset, AND until symptom-free for more than 24 hours.*