

OAK HILL ACADEMY

CDC Travel Advisories Because of Coronavirus – Being Prepared

We realize that a number of our families will be traveling during our Spring Break as well as during the coming summer months. In order to have an enjoyable and safe trip, the United States department of Homeland Security recommends the following.

1. Check with the Centers for Disease Control, [CDC](#), for the places to avoid or to take precautions.
2. If you have health issues, it is recommended that you consult with your health provider before you travel.
3. Have travel medical insurance that will provide coverage in your destination.
4. Have any prescription drugs or other health supplies on hand.
5. Continue to avoid close contact with people who appear sick.
6. If you get sick, keep your distance from others.
7. Check with health officials in your destination for local protocol.
8. Avoid large gatherings when possible.
9. Continue to monitor [CDC updates](#) and reports.
10. If any family member has flu-like symptoms, seek immediate help from local health agencies.
11. If you become ill, your local United States doctor may offer a telehealth option, i.e., over phone or via video conferencing.
12. CDC does not recommend a facemask unless you become sick or it is recommended by a healthcare professional.
13. Continue good health practices at home as well as abroad.
 - a. avoid touching your eyes, nose or mouth
 - b. cough or sneeze into your arm
 - c. use a tissue and throw away immediately
 - d. keep a detailed diary of your itinerary to help track of possible exposure
 - e. clean and disinfect frequently touched surfaces and objects

- f. in public places try to avoid, as much as possible, common areas like door knobs, handles, and railings
 - g. wash your hands often with soap and water for at least 20 seconds especially before eating, after going to the bathroom, and after blowing your nose, coughing, or sneezing
14. Since it is currently flu season, it is recommended by the CDC to get a flu vaccine and it is not too late to do so.
- 15. We are counting on you to help keep our school community safe. Therefore, prior to departure, you are required to inform Oak Hill Academy where and when you will be traveling to areas that have a risk assessment level 1, 2 or 3 for COVID-19 as listed on the [CDC's website](#) for the foreseeable future. [Click here to open the OHA Family Travel Plans form with the relevant information.](#) This is mandatory to monitor and keep a close record of people's travels in case of a spread of the virus.**
16. Since this outbreak is so unpredictable, families should be prepared to follow all requirements imposed by the CDC for re-entry into school after travel in or out of the affected area. These may include, but not limited to, self-quarantine, proof of clearance, or any other documentation, etc.
17. Don't panic, but take precautions and use common sense.