

Holiday Travel

As we consider spending time with friends and family over the upcoming Thanksgiving holiday, Great Hearts would like to remind you of the following:

- There are no US travel restrictions currently in place. But as you know, cases have increased significantly over the past month more people gather indoors due to cooler weather. [Here is a link](#) to the CDC COVID data tracker where you can check the case trends in every state over the past 7 days.
- The CDC recommendations for small gatherings can be found [here](#).
- Continue taking mitigation measures. Wear a mask when inside public places or outside if unable to maintain 6 feet of distance. Wash your hands frequently. Stay home if you are sick.

Before returning to school, notify the school nurse if:

- Anyone in your household tested positive for COVID-19 during Thanksgiving break.
- Your child is a close contact to someone who tested positive during break.
- Your child has been symptomatic for COVID-19 during the break.

COVID-19 Symptoms:

- Temperature >100°F
- Shaking or exaggerated shivering
- Loss of taste or smell
- Cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Runny nose/nasal congestion
- Chills
- Significant muscle pain
- Nausea or vomiting
- Diarrhea
- Headache
- Fatigue