



Holiday Travel Reminders

As we consider spending time with friends and family over the upcoming Winter Break, 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. [**Click here for a link to the CDC COVID data tracker**](#) where you can check the case trends in every state over the past 7 days.
- [**Click here to read the CDC's recommendations for small gatherings.**](#)
- 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 Winter 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	Runny nose/nasal congestion
Shaking or exaggerated shivering	Chills
Loss of taste or smell	Significant muscle pain
Cough	Nausea or vomiting
Shortness of breath	Diarrhea
Difficulty breathing	Headache
Sore throat	Fatigue