



## WESTBROOK SCHOOL DEPARTMENT School Break Travel Advisory

Due to the upcoming school breaks, here are some guidelines regarding travel outside the state of Maine. If you are planning to travel you will need to do one of the following before returning to school:

### **DOMESTIC TRAVEL:**

- Quarantine for 10 days upon returning to Maine.

**OR**

- Get tested for COVID-19 upon returning to Maine and provide proof of a negative result to your school nurse.

**Please stay quarantined until the results are ready.**

\* Before leaving the state, make your COVID-19 test appointment for when you return.

\* Appointments can be made at your PCP's office or at any Maine testing site.

<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

If you travel to the following states, you are currently exempt from this advisory:

- Connecticut
- Massachusetts
- New Hampshire
- Rhode Island
- Vermont

**Vaccination exemption (Domestic Travel Only):** Individuals who have completed a COVID-19 vaccination series and are 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement above, regardless of their state of origin.

**Exemption for those who have had COVID-19 (Domestic Travel Only):** An individual who had a positive COVID-19 molecular or antigen test is exempt from the testing and 10-day quarantine requirement above for 90 days (3 months) after their first positive test, provided they remain asymptomatic.

### **INTERNATIONAL TRAVEL:**

For all people who arrive in Maine within 7 days of entering the United States:

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- Quarantine for 7 days from arrival in the US **AND** get a COVID-19 molecular or antigen test 3-5 days after arrival in the US.
  - If the COVID-19 test is positive, [isolate](#).
  - Even if the COVID-19 test is negative, complete the 7-day quarantine after travel.
  - If individuals arriving from international travel do not get a COVID-19 test after their arrival, they should quarantine for 10 days after their arrival in the US.
- Avoid being around anyone who is at increased risk of severe COVID-19 illness for 14 days following arrival in the US, regardless of COVID-19 test results.

For anyone who arrives in Maine more than 7 days after arrival in the US, follow the domestic travel guidelines above.

**Any Staff or students who have traveled internationally will not be permitted inside the school building for a minimum of 7 days, even with a negative covid test.**

This advisory follows the current State Mandate as of March 5, 2021 and more information can be found at the Maine Department of Health and Human Services site:  
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/travel.shtml>

Please contact your school nurse for more information.

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