

October 21, 2020

Dear St. Mary's Academy Community,

Our conversations with Tri-County Health (TCHD) indicate that COVID-19 cases are climbing at an “alarming” rate in Arapahoe and Adams County, and that cases in Douglas County are stable but at a higher level than previously reported. The TCHD is finding that private and public social gatherings appear to be the source of the spread of COVID-19.

With this in mind, along with the upcoming holidays and potential travel plans, we are helping to disseminate public health information to help stop the spread, safeguard our neighbors, and keep our counties open:

1. Limit the number of activities that involve participation with members outside of your household.
2. Stay at least 6 feet (about two arms' length) from others.
3. Wear your mask when with anyone outside of your household. Click [HERE](#) for Colorado mask-wearing orders and advice.
4. Wash your hands often.
5. Be extra safe if you're at higher risk.
6. Stay home when sick.
7. Get tested if you have symptoms. Click [HERE](#) for symptoms of COVID-19 and what to do next.

### **Before Planning Travel**

Some families have asked for advice from our school as you plan trips. Thank you for your concern for our community's health and for your support of our COVID-19 protocols. We ask you to consider the following.

Travel can increase your risk, especially in these situations:

- Note the spread of COVID-19 at your destination. Some places require testing after arrival. International travel is more restricted for US citizens so look for more information on other countries.
- Consider the risks of attending a large gathering, such as a wedding.
- Consider the risks of taking a cruise or river boat trip.
- People who are sick, have recently tested positive for the virus that causes COVID-19, or have been exposed to a person with COVID-19 should delay travel.
- Learn when and for how long to delay travel to avoid spreading COVID-19.
- Click [HERE](#) for CDC travel advice on all of the above.

### **During Travel**

- Wear a mask to keep your nose and mouth covered when in public settings.
- Avoid close contact by staying at least 6 feet apart from anyone who is not from your household.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid contact with anyone who is sick.

- Learn more about how to protect yourself from COVID-19 on different types of transportation by clicking [HERE](#).
- Note these special guidelines when visiting parks and recreational facilities by clicking [HERE](#).

#### After Travel

- Continue to follow the same public health precautions.
- At this point in time, quarantine is not required following travel if you and your family remain healthy. Keep apprised of any changes via the TCHD link below.
- Even if you and your family feel well, you may have been exposed to COVID-19 on your travels. Consider getting tested on your return to help determine if further measures need to be taken.
- Learn more about precautions after travel by clicking [HERE](#).

#### Stay Informed

Click [HERE](#) for the most up-to-date, comprehensive TCHD resource on COVID-19, including travel. Social channel resources are at the bottom of this document. In addition, St. Mary's Academy is maintaining a set of resources to help your family manage the COVID-19 environment, mind and body, on our website's reopening page. Click [HERE](#) to find these resources and to review our school protocols as we continue to work diligently to safeguard the health and happiness of our community.

We appreciate your continued support and consistent attention to public health and safety, on and off campus--near and far.

Warm regards,



Bill Barrett  
Academy President

#### Social Channels to Follow

<https://www.facebook.com/cotchd>

[https://www.youtube.com/channel/UCi\\_\\_cpnsuO0W8xeypX6TkVw](https://www.youtube.com/channel/UCi__cpnsuO0W8xeypX6TkVw)

<https://twitter.com/TCHDHealth>

<https://www.instagram.com/tchdhealth/>