

**February 19, 2021**

**Dear MTCS Families and Community Members,**

As we approach spring break and people consider traveling, the district wanted to share the following information from the Minnesota Department of Health (MDH) and the Center for Disease Control (CDC), which provides guidance to any individual who plans to travel.

Please consider reviewing the information provided at the following link from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

### **MDH Guidance**

#### **Considerations before traveling -**

Given the high level of COVID-19 spread in our communities, any unnecessary travel is highly discouraged. If you are sick or have tested positive for COVID-19, do not travel. If you must travel outside the state or country for work, study, medical care, or personal safety and security, do what you can to protect yourself and your family.

#### **Before you travel, think about:**

- How much COVID-19 is spreading where you are going and how much it is spreading in your local community.
- Whether you or someone you are traveling with could get very sick from COVID-19.
- How easy or difficult it will be to keep 6 feet between people.
- Whether you would be able to miss work, school, or other activities if you get sick.
- For more tips and things to consider when traveling, see CDC: Travel during the COVID-19 Pandemic.

## Travel to or from Minnesota

### *Out-of-state travel is highly discouraged.*

- People who visit Minnesota, and Minnesotans returning after traveling out of state, are asked to stay away from others (quarantine) for 14 days after they arrive in Minnesota. During those 14 days, it is important that you stay home and watch for symptoms. If you must go out, wear a mask, stay 6 feet from other people, and wash your hands often.
- Staying away from others for 14 days is safest. In some circumstances, a shortened quarantine period may be possible. For more information, see [Close Contacts and Tracing](#) and [Quarantine Guidance for COVID-19 \(PDF\)](#).
- If you are close to someone with COVID-19 during travel, follow guidelines for [how long to keep away from others \(quarantine\)](#).
- For information on testing, visit [Getting Tested for COVID-19](#).