

In the ever changing recommendations regarding hot states/counties/school districts regarding school athletics/academics, the recent recommendation policy regarding out of state travel has been updated/revise by the Chippewa Local Schools and will go into effect as of today 8-4-2020.

With many of our families traveling out of state for vacations and the ever changing list of “hot states” vs “non-hot states” effective immediately the updated Chippewa policy will be as follows.

1. If a family is currently vacationing or travels to a state currently listed on the State of Ohio COVID-19 Travel Advisory list, they must self-quarantine for **14 days** upon return to Ohio. ***Those 7 states as of 8-4-2020 are listed below.***

- Alabama, Arizona, Florida, Idaho, Kansas, Mississippi, South Carolina

2. If a family travels out of Ohio to a state that is currently not on the COVID-19 Travel Advisory list, they must self-quarantine for **7 days** upon return to Ohio.

***Note: If that state is added to the list and becomes “red” during your families time in that state, a 14 day self-quarantine must be observed upon return to Ohio.***

#### **What to Do During Self-Quarantine (From Ohio Department of Health)**

- Take your temperature with a thermometer two times a day and monitor for fever, as well as other symptoms including cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
  - If fever and/or symptoms develop, call your medical provider.
- Remain at home and avoid all in-person activities. This includes work, grocery stores and pharmacies, public events, and public places.
- If you live in a home with other people who did not travel with you, stay in a separate room. If this is not possible, wear a face mask when you are in the same room and stay at least six feet away from others.
- Do not leave home except to seek medical care. If you need to see a provider for reasons other than a medical emergency, please call in advance and discuss the care you need.
- In the event of a medical emergency, call 9-1-1. Indicate that you are in home quarantine for novel coronavirus exposure. Keep a face mask on until you are asked by a health care provider to remove it.
- Do not have visitors in your home.
- Do not use public transportation, taxis, or ride-shares.

We will continue to monitor, adjust and update recommendations as we receive them from federal, local governments and OHSAA with the health, safety and well-being of all of our student-athletes, coaches, families and staff in mind.