

3/10 COVID Update: Spring Break, Quarantine Update, and Vaccination Resource

Hello CDS Community,

This email contains updated information about Spring Break, quarantine for those who are fully vaccinated, and a resource for those who are receiving vaccinations.

Spring Break Information

Travel

Please take a moment to review our travel policy: If you engage in activities in which you are at increased risk of exposure, and/or if your family interacts with members outside your household within 6 feet, especially if you were indoors, we ask that your family quarantine for 10 days before returning to CDS. This applies to local situations as well as travel.

Your plans will require quarantine if you:

- Travel by shared conveyance (Plane, bus, train, etc.).
- Spend time indoors with someone outside your household (such as sharing a rental/hotel room, inviting others over or going to another's house, etc.).
- Spend more than 15 minutes with someone outside your household, within 6 feet, even if outside.

You will NOT have to quarantine if you:

- Travel by independent means (i.e. your own personal vehicle with just your household).
- Do not share space indoors with anyone outside your household.
- Keep outdoor contact with others outside your household at a distance of 6 feet or greater.

School Work and Quarantine

If you choose to participate in activities that require quarantine, please keep in mind that synchronous learning (i.e. Zoom meetings) will not be available for your student. You will have self-directed work supplied for your student at the beginning of your quarantine period. You will need to notify your teacher in advance in order to receive the materials. We hope to communicate this to you in advance so that you can plan accordingly.

Camp

Unfortunately, we are still unable to provide camp over the one-week breaks per SFDPH guidelines.

Quarantine after Exposure to COVID for Vaccinated Individuals

Below is the update from the SFDPH regarding quarantine for those who are fully vaccinated:

If all of the following are true, you do not need to quarantine after exposure to a COVID-19 case:

1. *You were fully vaccinated for COVID-19 at least two weeks before the exposure, AND*
2. *Your last COVID-19 vaccine was within the last 3 months, AND*
3. *You have no COVID-19 symptoms since the exposure (see www.sfcddcp.org/covid19symptoms), AND*
4. *You are not healthcare personnel, a hospitalized patient, or a resident in a healthcare setting.*

If you meet all of the above, you may continue daily activities, including going to work or school.

You can find the full text of the update [here](#).

Vaccination Support Resource

If you have received a vaccine dose, or are about to, you can sign up to receive check-in support from the CDC. This helps you do your own assessment of your well-being, and also helps the CDC gather information on vaccine reactions. Sign up [here](#) if interested.