

*March 5, 2020*

The Diocese of Arlington Office of Catholic Schools continues to work with Local Health Departments and is closely monitoring the health crisis in China and globally associated with novel coronavirus infections (COVID-19). According to the Centers for Disease Control and Prevention (CDC), risk to the U.S. public remains low. There are no cases of COVID-19 infection in Virginia and the Virginia Health Departments do not recommend school closures at this time.

The safety of our students is our priority and travel abroad carries potential risks. Be aware that even a country not currently experiencing an outbreak could suddenly be declared a high-risk area, posing risks of exposure, difficulty with travel, or barriers upon return to the U.S.

We are asking for parents/guardians, faculty and staff to please notify schools of travel plans in an effort to continue to keep communities healthy. The countries of concern change daily and allowing us to know your plans will help us to work with you upon your return.

The CDC maintains a [travel information website](#).

It is strongly recommended not traveling to locations with [CDC](#) or [State Department Level 3](#) alerts or higher.

Consider Enrollment in the State Department's Smart Traveler Enrollment Program, or [STEP](#), to receive current embassy alerts and messages for your destinations.

### **WHAT COUNTRIES ARE DESIGNATED WARNING LEVEL 3, AND WHAT DOES THAT MEAN?**

The CDC maintains a current list of [Warning Level 3 countries](#) and advises all travelers to avoid all nonessential travel to those countries due to widespread concerns about local health conditions. The US Department of State issues Travel Advisories for individual nations.

## WHAT COUNTRIES ARE DESIGNATED ALERT LEVEL 2, AND WHAT DOES THAT MEAN?

Students planning independent travel over spring break should stay informed of CDC travel precautions and consider alternative plans if new restrictions are implemented before or during travel.

*Travelers Returning from Asia and CDC Warning Level 2 and 3 Countries: Students, faculty and staff, returning from a country under a CDC Warning Level 2 or 3 must contact the school to discuss their safe return. Travelers returning from countries under a CDC warning level 3 will be required to self-isolate for up to 14 days upon return to the U.S.*

## WHAT IF I HAD CLOSE CONTACT WITH SOMEONE I BELIEVE TO HAVE CORONAVIRUS (COVID-19)?

- Take your temperature twice a day and remain alert for fever, coughs, or difficulty breathing.
- If you develop a fever, cough, or have difficulty breathing within 14 days it is advised that you should not come to work and see your doctor immediately. It is important to call first. Announce your visit to the doctor's office/hospital and describe that you have been in the affected area or have had contact with a sick person and have corresponding symptoms (e.g. fever).
- It is requested that you self-isolate pending further instructions from medical professionals.
- For further guidance, see the [CDC page](#) Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential COVID-19 Exposure in Travel-associated or Community Settings.

Should a case be positively identified, appropriate communications as guided by the Virginia Department of Health will occur. Administrators will work with faculty to make accommodations for extended student absences.

The Office of Catholic Schools will continue to monitor recommendations and information from the CDC and make necessary changes based on updated information.

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