



## NMRSD COVID-19 Travel Protocol

**If you, your student or your family is traveling out of the state of Massachusetts to a higher risk state, the following needs to be completed in order to return to NMRSD schools:**

1. Notify your building principal and your school nurse of your intentions to travel out of Massachusetts, prior to the trip.
2. After returning to Massachusetts, obtain a **PCR COVID-19** test. Do not come to school until your school nurse receives the results and clears you to return.
3. While waiting for the results:
  - a. Students may participate in all remote learning activities
  - b. Staff will need to remain home and use sick time to cover the time off
4. If your results are negative:
  - a. Complete the following form and submit it to your building principal and the superintendent [Travel & Mandatory Self-Quarantine/Testing COVID-19 Form](#)
  - b. Send a copy of the negative test result to your school nurse and building principal
5. If your results are positive, **DO NOT COME TO SCHOOL**. Instead, please:
  - a. Notify your school nurse immediately. Your nurse will advise you in regards to your next steps
  - b. Follow up with your primary care provider
  - c. Staff members please also notify your building principal, the school nurse and human resources

### **Exceptions to this travel protocol:**

There are a few exceptions to this protocol. Always contact the supervisor of health services if you are unsure if your situation requires you to comply with the above directions.

1. Critical life activities (short, same-day trips into higher risk states and back; all mitigation strategies and COVID-19 rules and restrictions must be followed)
  - a. Grocery shopping
  - b. Medical/dental/mental health appointments with licensed providers
  - c. Visits to pharmacies
  - d. Attendance at daycare or camps
  - e. Attending to the care needs of family members
  - f. Religious services/funerals/memorial services (that meet the gathering restrictions)
2. Commuting for work or school

This protocol is based on the [NMRSD Travel Policy](#) and the [Massachusetts Travel Order](#). No staff member or student may return to school after traveling out of Massachusetts until they have complied with this protocol.