



**Hackensack  
Meridian  
Carrier Clinic**  
East Mountain School

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March 17, 2021

Hello East Mountain School Parents and Guardians,

I am hoping you have remained healthy and are looking forward to the warmer weather like we are this year!

With our scheduled time off coming soon, I wanted to reach out to all so you can make informed decisions and plan regarding Spring Break and traveling out of State.

As you know there have been several governing bodies providing guidance to schools. Our team reviews all data and continues to evolve as required. Still, it will be the responsibility for all us to remain vigilant and do our part to keep ourselves safe. As always, our advice is handwashing, masking and social distancing. Please know your children have been wonderful regarding mask compliance. As the students report to school the masks go on and for the most part, remain on for the day. Thank you all for supporting us and your children in this challenge. With every student honoring our requirements for attendance we can add one more day to our EMS Team being on site, five days a week! There is a lot to be proud of there!

We are hoping to keep it going. With an increase in COVID cases, state-wide, we know there is still a lot we must do to protect against the virus and its many variants. The State of New Jersey and the Center for Disease Control (CDC) warn against travel and especially plane travel, due to possible transmission for anyone vaccinated or not vaccinated.

**East Mountain School's Spring Break begins March 29<sup>th</sup> through Monday, April 5<sup>th</sup>.** We are sure families will take this chance to rest and spend time together. Also, families may take this time to travel. Please be advised, East Mountain School will be following restrictions as directed by the State of New Jersey/CDC regarding out of State travel, as follows:

- **Vaccinated** individuals are still advised not to travel unless necessary and are subject to the same restrictions.
- Travel is permitted in area states of New York, Pennsylvania, Connecticut and Delaware.
- If you are traveling to other states, as indicated below, please follow advised directions before and after travelling.
- **Upon return and having a negative test result done 3-5 days after travel, there is a quarantine still recommended for SEVEN (7) days.**

Finally, we were made recently aware of neighboring states, e.g. New York, have changed their guidelines and are allowing domestic travel in the United States both with and without the quarantine requirement. If New Jersey updates its guidelines we will re-examine our "return to school" requirements.

**Over -->**

## COVID-19: TESTING BEFORE TRAVEL

Get tested **no more than 3 days before you travel.**  
Postpone travel if you are waiting for test results.  
Watch for symptoms of COVID-19.



If you fly to the US from a foreign country, you must provide a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding your flight.

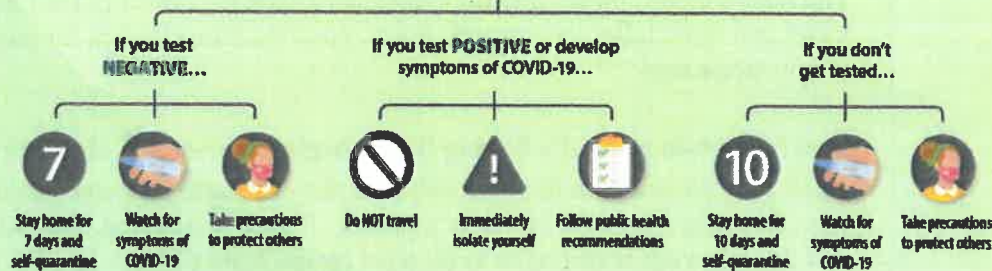


COVID-19SA 2/16/2021 2PM

[www.cdc.gov/covid19travel](http://www.cdc.gov/covid19travel)

## COVID-19: TESTING AFTER TRAVEL

Get tested 3-5 days after you travel.



If you fly to the US from a foreign country, you must provide a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding your flight.



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[www.cdc.gov/covid19travel](http://www.cdc.gov/covid19travel)

Thank you for understanding these guidelines are in place to keep everyone safe and to have school continue for in-person instruction. Students who may be required to quarantine can arrange for remote instruction only for the quarantine period. We would expect students to quickly return to on-site learning once the quarantine period ends.

Please keep safe and take care of yourselves as we look to more hopeful times to come.

Call me directly for any questions, 908-281-1445.

Sincerely,  
Dr. Stacey Paulis  
Director/Principal