



## Connecticut Nurses Association Family Child Care Policy & Procedure Guidance Series (2021)

### Topic: Travel Advisory

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The **Connecticut Nurses Association Family Child Care Policy & Procedure Guidance Series (2021) (Guidance Series)** was created to support Family Child Care (FCC) Providers when establishing or building upon health and safety policies in response to the COVID 19 pandemic. The 2021 **Guidance Series** provides best practice considerations/components, sample language and rationale, so that FCC providers can evaluate their own policies, procedures, practices, and family communications and then identify changes or additions essential to promoting health and safety in their homes. The 2021 **Guidance Series** is based on the latest guidance, practices, or recommendations from the Connecticut Office of Early Childhood (OEC), Caring for Our Children (CFOC) National Health and Safety Standards and the Centers for Disease Control and Prevention (CDC).

## 1. HOW TO USE THIS GUIDE

The **Connecticut Nurses Association Policy & Procedure Guidance Series** (2021) is a resource for FCC providers. Using research informed and evidence-based practices, the **Guidance Series** provides information to assist FCC providers in creating or strengthening their childcare policies, procedures, or practices. Additionally, the **Guidance Series** provides rationale, and answers “why” the information provided is an important component of the policy, procedure, or practice. In understanding ‘why’, we hope that FCC providers will apply this information when making decisions about how activities will be implemented in their FCC homes.

The **Guidance Series** documents are organized as follows

- Overview
  - Provides a brief description of the specific topic being addressed.
- Policy Checklist
  - This section provides a comprehensive Checklist to assist in the development of, or build upon current policies, procedures, and best practices for FCC programs. The Checklist identifies best practice components/considerations, includes sample language and rationale so that FCC providers can evaluate their own policies, procedures, practices. The Checklist is based on the Connecticut Office of Early Childhood (OEC) Guidance, the Caring for Our Children (CFOC) National Health and Safety Standards and the Centers for Disease Control and Prevention (CDC.)
- Resources/References
  - This section includes best practice resources and references.
- Sample Policies/Procedures
  - Select policies and practices are provided in this section.

## 2. OVERVIEW

Family child care programs must always be prepared and ready to respond to public emergencies and disasters. This travel advisory policy is an example of a just-in-time policy to respond to new guidance that impacts the operation of your facility. A policy ensures clear communication to your families about how your program is operating, expectations, as well as clarifies how you are monitoring the situation.

*Please note this specific policy example is current as of 5/10/2021*

Connecticut's Travel Advisory is now based on the status of the COVID-19 Pandemic. As of March 19, 2021, Governor Lamont's Executive Order No.95, Section 1 regarding travel is no longer in effect. Connecticut residents and travelers to Connecticut should follow travel-related guidance from the Centers for Disease Control and Prevention ([CDC](#)) and the Connecticut Department of Public Health ([CT DPH](#)). Family child care providers can remind families that if they are planning to travel with their children, it is important that they become familiar with the risks of travel between states and internationally, to help them stay safe and healthy.

### **Safe Steps to Take During Travel**

Regardless of travel plans, it is important to continue practicing risk reduction strategies to reduce the spread of the COVID-19 virus. The CDC recommends that during the COVID-19 pandemic, all travelers should take the following everyday steps to prevent getting or spreading COVID-19 during their trip:

- Wearing a mask over your nose and mouth when in public
- Avoiding crowds
- Staying at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you
- Washing your hands often or using hand sanitizer (with at least 60% alcohol) (CDC. [Safer Travel Ideas](#))
- Monitoring symptoms
- Staying home if you are sick

“COVID-19 is mainly spread through close contact with another person. The type of transportation you use, type of accommodation you stay in, and the activities you do during travel can increase your risk of getting and spreading COVID-19. The CDC recommends delaying travel until you are able to get fully vaccinated. Even if you are fully vaccinated, choosing safer travel options is a good idea to protect yourself, and others from COVID-19” (CDC. [Safer Travel Ideas](#)).

### **Vaccination and Travel**

Travel recommendations vary by vaccination status. According to the [CDC](#), unvaccinated individuals should be tested for COVID-19 prior to travel, and upon return, they should test and quarantine. Children in the family child care program will fall into this unvaccinated category.

Families may be interested in the guidance for [fully vaccinated](#) individuals. People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

The following **CDC Coronavirus Disease 2019 (COVID-19) Domestic Travel** Table provides recommendations and requirements for people who are not vaccinated, as well as for those who are fully vaccinated.

## CORONAVIRUS DISEASE 2019 (COVID-19)

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS323515-A 04/02/2021

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/images/domestic-travel-quick-reference-v2-large.png>

### Traveling Internationally?

- Check out the CDC's [COVID-19 Travel Recommendations by Destination](#) before planning your trip; and
- Check Travel Restrictions: State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and [quarantine](#) requirements upon arrival. For up-to-date information and travel guidance, check the [state or territorial and local](#) health department where you are, along your route, and where you are going. Prepare to be flexible during your trip as restrictions and policies may change during your travel. Follow all state, local, and territorial travel restrictions.
- If traveling by air, check if your airline requires any health information, testing, or other documents.

### COVID-19 and Cruise Ship Travel

The CDC still recommends avoiding any travel on cruise ships, including river cruises, worldwide, because the risk of COVID-19 on cruise ships is very high. It is especially important that people with an increased risk of severe illness avoid travel on cruise ships, including river cruises. Cruise passengers are at increased risk of person-to-person spread of infectious diseases, including COVID-19, and outbreaks of COVID-19 have been reported on cruise ships because of their congregate (group) settings where COVID-19 spreads easily (CDC: [COVID-19 and Cruise Ship Travel](#)). The CDC further recommends that people who decide to go on a cruise should get tested 1–3 days before their trip and 3–5 days after their trip, even if they are fully vaccinated (CDC: [COVID-19 and Cruise Ship Travel](#)).

### 3. POLICY CHECKLIST

CONSIDERATIONS		
Items	Sample Language	Rationale/Resource/Reference
1 Connecticut's Travel Advisory	<ul style="list-style-type: none"> <li>As of March 19, 2021, Governor Lamont's Executive Order No.95, Section 1 regarding travel is no longer in effect.</li> <li>Families, including children, must now follow the travel-related guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT DPH) when traveling. This includes:               <ul style="list-style-type: none"> <li>Getting COVID-19 tested 3 days before you travel.</li> <li>Getting tested 3 – 5 days after travel and self-quarantine if you don't get tested.</li> <li>Self-monitoring for symptoms.</li> <li>Staying home if you are sick.</li> </ul> </li> </ul>	Travel Advisory: <ul style="list-style-type: none"> <li>Centers for Disease Control and Prevention (<a href="#">CDC</a>): <i>Domestic Travel During COVID-19</i></li> <li>Connecticut Department of Public Health (<a href="#">CT DPH</a>): <i>Travel Advisory for Connecticut During the COVID-19 Pandemic</i></li> </ul>
2 Traveling domestically or internationally	<ul style="list-style-type: none"> <li>The COVID-19 vaccine is still not available for infants and children of a certain age.</li> <li>If possible, all children should complete their routine childhood vaccines on the normal schedule before traveling overseas.</li> <li>Some travel vaccines cannot be given to very young children, so it's important to check with a travel medicine doctor, who should consult your child's pediatrician, as early as possible before travel.</li> <li>If possible, families should see a health care provider at least one month before going on an international trip to discuss risks and recommendations.</li> <li>Your doctor or nurse will also counsel you on other ways to reduce your family's risk of illness during travel, so that children can safely return to our family child care.</li> </ul>	<ul style="list-style-type: none"> <li>CDC: <a href="#">Travelers Health</a></li> <li>CDC: <a href="#">Different COVID-19 Vaccines</a></li> </ul>
3 Practice risk reduction strategies	The CDC recommends that during the COVID-19 pandemic, all travelers should take the following everyday steps to prevent getting or spreading COVID-19 during their trip: <ul style="list-style-type: none"> <li>Wearing a mask over your nose and mouth when in public</li> <li>Avoiding crowds</li> <li>Staying at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you</li> <li>Washing your hands often or use hand sanitizer (with at least 60% alcohol)</li> <li>Self-monitor for symptoms</li> <li>Stay home when sick</li> </ul>	<ul style="list-style-type: none"> <li>CDC. <a href="#">Safer Travel Ideas</a></li> </ul>

4	COVID-19 Vaccination and Traveling	<ul style="list-style-type: none"> <li>• The COVID-19 vaccine is still not available for infants and children of a certain age.</li> <li>• The CDC recommends delaying travel until you are fully vaccinated because travel increases your chance of getting and spreading COVID-19. If you are not fully vaccinated and must travel, families must follow the CDC’s recommendations for unvaccinated people traveling internationally or domestically.</li> <li>• Upon return from traveling, children and families may be required to be tested for COVID-19. Please remember to get your test results before returning to our family child care.</li> </ul>	<ul style="list-style-type: none"> <li>• CDC: <a href="#">When NOT to travel: Avoid Spreading COVID-19</a></li> <li>• CDC: <a href="#">When to Postpone your Travel</a></li> </ul>
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**4. RESOURCES/REFERENCES:**

**Centers for Disease Control and Prevention (CDC)**

- Travel-related Guidance  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- Safer Travel Ideas  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html>
- When NOT to Travel: Avoid Spreading COVID-19  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/when-to-delay-travel.html>
- How COVID-19 Spreads  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

**Connecticut State Department of Public Health**

- Travel Advisory for Connecticut During the COVID-19 Pandemic  
<https://portal.ct.gov/Coronavirus/travel>

**Connecticut Office of Early Childhood**

- Child Care During COVID-19  
<https://www.ctoec.org/covid-19/child-care-during-covid-19/>

## 5. SAMPLE POLICIES/PROCEDURES

### Sample Travel Advisory Policy

The following travel advisory policy has been developed in response to the COVID-19 pandemic.

1. As of March 19, 2021, Governor Lamont's Executive Order No.9S, Section 1 regarding travel is no longer in effect. Families must now follow the travel-related guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT DPH) when traveling.
2. The CDC recommends that during the COVID-19 pandemic, families who travel should take the following everyday steps to prevent getting or spreading COVID-19 during their trip:
  - a. Wearing a mask over your nose and mouth when in public
  - b. Avoiding crowds
  - c. Staying at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you, and
  - d. Washing your hands often or use hand sanitizer (with at least 60% alcohol)
    - i. Self-monitoring for symptoms
  - e. Staying home when sick
3. Upon return from traveling, children and families are required to be tested for COVID-19. So, please remember to get your test results before returning to our family child care. Specifically:
  - a. Get COVID-19 tested 3 days before you travel.
  - b. Get tested 3 – 5 days after travel and self-quarantine if you don't get tested.
  - c. Self-monitor for symptoms.
  - d. Stay home if you are sick.
4. The following additional travel advisories are from the CDC:
  - a. If possible, all children should complete their routine childhood vaccines on the normal schedule before traveling overseas.
  - b. Some travel vaccines cannot be given to very young children, so it's important to check with a travel medicine doctor, who should consult your child's pediatrician, as early as possible before travel.
  - c. Families should see a health care provider at least one month before going on an international trip to get needed vaccines and medicines. Your doctor or nurse will also counsel you on other ways to reduce your family's risk of illness or injury during travel, so that children can safely return to our family child care.
  - d. The CDC recommends delaying travel until you are fully vaccinated because travel increases your chance of getting and spreading COVID-19.

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Parent/Guardian/Staff/Name and Signature

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Date

**Disclaimer:** This is a Sample Policy/Procedure only and may not include all the requirements for FCC provisions as outlined in the OEC Regulations.