



Safety Update

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COVID-19 Travel Guidelines

As we get closer to spring break, you may be looking to plan a vacation with your family. Questions may come to mind regarding COVID-19 as you arrange travel.

North Dakota Department of Health Travel Guidelines

The [North Dakota Department of Health](#) recommends you do not travel if you are sick. Additionally, do not travel within 14 days of being exposed to someone who has COVID-19. Make sure to check with your airline regarding any guidelines or restrictions it may have before you travel. You should not travel by air if you currently have COVID-19.

While traveling, it is recommended that you wear a mask, practice social distancing when possible, and wash or sanitize your hands often.

If you are returning from international travel, the United States requires air passengers arriving in the U.S. to have a negative COVID-19 test result within three days prior to their arrival. If you are flying within the U.S., a negative COVID-19 test is not required.

The Centers for Disease Control and Prevention recommends that individuals test three to five days after their travel. It also recommends that individuals avoid non-essential activities for seven to 10 days after travel (seven days if negative test).

Fargo Public Schools Guidelines

Fargo Public Schools adheres to the guidelines put in place by our local health agencies (Fargo Cass Public Health and North Dakota Department of Health). At this time, our local and state health agencies have no quarantine requirement when returning from travel. It is suggested that individuals returning from travel get tested and monitor their health.

Following suit with our local public health, Fargo Public Schools does not require a quarantine for students or staff when returning from travel. We recommend all students and staff wear their masks, practice good hand hygiene, and stay home when they are not feeling well.

