

## Coronavirus: Spring Break Messaging for Staff and Families

Many staff and families throughout EIPS are planning trips outside of Canada during the upcoming spring break. Before travelling, EIPS encourages everyone to review the Government of Canada's [travel advisories](#). The site is updated daily and lists the most up-to-date information about risks you might encounter in another country, including information about COVID-19.

As you're likely aware, the World Health Organization has declared COVID-19 a global pandemic. As such Alberta's Chief Medical Officer of Health has issued the following travel recommendations:

- At this time, Albertans are advised not to travel outside of the country. Given the rapid global spread of the virus, it's no longer possible to assess health risks for the duration of the trip.
- Avoid all cruise ship travel.
- Anyone over the age of 65, and those with chronic health conditions, should avoid travel outside of Canada.
- All Albertans, who are not in a high-risk group, should think carefully about their travel plans, and the possibility of being exposed to the virus while travelling.

For those who choose to travel out-of-country, before returning to school or work, self-isolate for 14 days after your return—even if feeling well, regardless of the country you visited. Inform your Supervisor or Principal if:

- you or a family member was in close contact with someone who has a known case of COVID-19;
- you, a family member or close contact is showing symptoms or is undergoing testing for COVID-19; and
- there is a sick family member in your household with COVID-19, especially if the person was in contact with others at the school or workplace.

Also, ensure you continue to follow proper personal hygiene practices, including handwashing, respiratory etiquette and social-distancing strategies while at home and on vacation.

Do not rely on non-government sources for information about COVID-19, as misinformation abounds on the internet. The best sources for information include [Alberta Health](#), the [Public Health Agency of Canada](#), [Centers for Disease Control and Prevention](#) and [World Health Organization](#).

For more information refer to EIPS' [COVID-19 Guidelines](#), which is posted on the Division website and all school websites. *NOTE:* The Division is updating the document on an ongoing basis.