

Tips for a Safer Winter Break

A Guide for Early Childhood Education Families and Staff | Updated: Nov. 2021



Boulder County is experiencing high levels of COVID-19 in our community. Most activities carry some risk, but by taking precautions like getting vaccinated, social distancing and mask wearing when around people who do not live in your household, you and your child can still enjoy a safer Winter Break!

STAY SAFER AT HOME

Stay alert! Watch for any signs of illness. If sick, stay away from others and get tested.

Maintain a safe space. Wash hands often with soap and water for 20 seconds and clean high-touch surfaces.

Going out? Consider the risks of any activities you undertake. The more people you're around, the riskier the activity may be. Attending crowded, poorly ventilated indoor events increases your chance of getting COVID-19. *Riskier activities include: travel, indoor dining, indoor playdates and sleepovers, malls, play areas and gyms, holiday parties and other group gatherings.*

SAFER ACTIVITIES



Take a "staycation" at a contactless short-term rental



Host a virtual holiday meal with family



Create a nature-themed scavenger hunt



Take an indoor camp "trip"



Try snowshoeing in Brainard Lake Recreation Area



Take a free horse-drawn carriage ride in Louisville



Go for a scenic drive



Bundle up and explore Boulder in the snow



Host a virtual game night with friends



Lace up at an outdoor ice skating rink in Nederland, Longmont or Louisville

STAY SAFER AROUND VISITORS

Protect the household. Eligible family members should get vaccinated to keep COVID out of your home.

Mask up! Wear a well-fitting mask around others who are not a part of your immediate household.

Keep your distance. Avoid large gatherings and use physical distancing when spending time with people from other households. Consider asking your visitors to stay in a separate accommodation like a hotel, vacation home or short stay rental.

Take it outside. When spending time with others, choose safer, outdoor activities when possible.

Know your exposures. Use a phone notification app such as CO Exposure Notifications to find out if you have been exposed to somebody with COVID-19.

Prepare to quarantine. As a precaution, consider staying at home for a quarantine period after your visitors have left. If you have close contact with someone who tests positive for COVID-19, you **must** quarantine according to your child care center requirements.

Get tested! Request that any unvaccinated visitors test 1-3 days prior to arrival. After the visit, get tested, allowing time to get the results prior to your child's return to care.

STAY SAFER WHEN TRAVELING

The CDC recommends delaying travel until you are fully vaccinated. Travel increases your chance of getting COVID-19 and spreading it to others. If your family chooses to travel this Winter Break, you risk bringing the virus back with you and putting your friends, family, and child care facility at risk.

If you or your child are unvaccinated and must travel, please consider the following:



Know before you go. Variants (newer forms) of the virus are spreading across the United States. Some new forms of the virus may be more contagious and even more dangerous. The region you are traveling to might have travel precautions and more stringent restrictions than your county. Check before you go!

Test to protect others. Get tested 1-3 days prior to leaving. If the results are positive, you must stay home.



Protect yourself. Take precautions while on your trip by wearing a mask, staying at least 6 feet apart, avoiding crowds, and washing your hands often.

Have a Plan B. Locate testing facilities in case anyone develops symptoms and be prepared to isolate immediately from others on the trip.



Be prepared to extend your stay. If your family gets sick while on your trip, you may be required to isolate or quarantine wherever you are staying for two weeks or longer. If you contract COVID-19 while traveling you will be prohibited from using public transportation (e.g., airplane, bus, ship, shuttle) to travel home.

Protect others. Quarantine upon your return as a precaution or as required by your childcare facility for at least 7 days with a negative test on day 5 or later, or 10-14 days without a test. (This will help keep your child's entire class safe!)



ADDITIONAL RESOURCES

Safer Travel Tips for Families with Unvaccinated Children:

www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html

Guidance on daily activities and going out:

www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html

Tips on cleaning your home or vacation space:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

Guidance on proper mask wearing:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

COVID-19 Testing Sites in Boulder County: www.boco.org/COVID19Testing

COVID-19 Vaccine Locations & Eligibility: www.boco.org/CovidVaccines