



The Atonement Academy
CATHOLIC + CLASSICAL

Dear Atonement Families,

The Atonement Academy administrators and staff continue to work closely with San Antonio Metro Health and follow the guidance from the Texas Department of State Health Services and the Centers for Disease Control and Prevention in response to COVID-19.

With the holiday season just around the corner, we want to make sure parents/guardians, staff and students are aware of the latest health recommendations.

Domestic and International Travel

Travel increases your chance of getting and spreading COVID-19. **Staying home is the best way to protect yourself and others from COVID-19.**

Before you travel, consider the following:

Is COVID-19 spreading at your destination?

The more cases at your destination, the more likely you are to get infected during travel and spread the virus to others when you return.

- [Check Each State's Cases in the Last 7 Days](#)
- [Travel Recommendations for Destinations Around the World](#)
- **Do you live with someone who might be [at increased risk for severe illness from COVID-19](#)?**
If you get infected while traveling, you can spread the virus to loved ones when you return, even if you don't have symptoms.
- **Are you [at increased risk for severe illness from COVID-19](#)?**
Anyone can get very ill from the virus that causes COVID-19, but older adults and people of any age with certain underlying medical conditions are at [increased risk for severe illness](#) from COVID-19.
- **Does your destination have requirements or restrictions for travelers?**
Some state, local, and territorial governments have requirements, such as requiring people to wear masks and requiring those who recently traveled to stay home for up to 14 days. Check [state, territorial, tribal](#) and local public health websites for information before you travel. If you are traveling internationally, check the destination's Office of Foreign Affairs or Ministry of Health or the [US Department of State, Bureau of Consular Affairs, Country Information](#) for details about entry requirements and restrictions for arriving travelers, such as mandatory testing or [quarantine](#).

If you travel

During your trip, take steps to [protect yourself and others](#) from COVID-19:

- Wear a [mask](#) to keep your nose and mouth covered when in public settings, including on [public transportation and in transportation hubs such as airports and stations](#).
- Avoid close contact by [staying at least 6 feet apart](#) (about 2 arms' length) from anyone who is not from your household.
- [Wash your hands](#) often or use hand sanitizer (with at least 60% alcohol).
- Avoid contact with anyone who is sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid participating in high risk activities.

What activities are considered higher risk?

Here are examples of activities and situations that can increase your risk of exposure to COVID-19:

- Being in an area that is experiencing high levels of COVID-19, including destinations with a Level 3 Travel Health Notice. You can check the [Travel Health Notices](#) for recommendations for places you have traveled, including [foreign countries and U.S. territories](#). You can also check [states, counties, and cities](#) to determine if these areas are experiencing high levels of COVID-19.
- Going to a [large social gathering](#) like a wedding, funeral, or party.
- Attending a mass gathering like a sporting event, concert, or parade.
- Being in crowds - for example, in restaurants, bars, airports, bus and train stations, or movie theaters.
- Traveling on a cruise ship or river boat.

After you travel

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting sick after you return:

- When around others, [stay at least 6 feet](#) (about 2 arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home.
- [Wash your hands](#) often or use hand sanitizer (with at least 60% alcohol).
- Watch your health and look for [symptoms of COVID-19](#). Take your temperature if you feel sick.

Follow [state, territorial, tribal](#) and local recommendations or requirements after travel.

What to do if you get sick after you travel

If you get sick with fever, cough, or other [symptoms of COVID-19](#):

- [Stay home and take other precautions](#). Avoid contact with others until it's safe for you to [end home isolation](#).
- Don't travel when you are sick.
- You might have COVID-19. If you do, know that most people are able to recover at home without medical care.
- **Stay in touch with your doctor.** Call before you go to a doctor's office or emergency room and let them know you might have COVID-19.
- **If you have [an emergency warning sign](#) (including trouble breathing),** get emergency medical care immediately.
- **If you live in close quarters with others, take [additional precautions](#) to protect them.**
- **If you have a medical appointment that cannot be postponed, call your doctor's office** and tell them you have or may have COVID-19. This will help the office staff protect themselves and other patients."

The safety and health of our students, staff, and their families is The Atonement Academy's No. 1 priority, we ask that you continue to help prevent the spread of COVID-19 and other respiratory illness, like the flu by:

- **WASHING YOUR HANDS OFTEN** with soap and warm water.
- **GETTING A FLU VACCINE** reduces the risk of flu illness and saves healthcare resources for those with COVID-19.
- **COVERING YOUR COUGH**, cough and sneeze into your upper sleeve or a tissue that you throw away.
- **STAYING HOME**, if you or someone in your household is not feeling well stay home to keep others from getting sick.

Sincerely,

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