



November 16, 2020

Dear Parent/Guardian:

As we approach the holiday season, many families may be planning to travel or get together with friends or relatives outside of their immediate family. We understand how important these connections and activities are during the holidays. As you make your plans, please keep in mind that following all relevant county, state, and national guidelines relating to gatherings and travel can help prevent you and your loved ones from getting sick. This means that it's important to wear a mask, wash your hands, and practice physical distancing wherever you go, and stay home if you're feeling sick.

The Centers for Disease Control and Prevention (CDC) has put together a list of considerations to help protect individuals and their families, friends, and communities from COVID-19 around the holidays. These include knowing the community levels of COVID-19 in the community where you're gathering as well as where attendees are coming from; the location of the gathering; and the behaviors of those gathering. A full list of things to consider is available on the CDC website.

San Diego County is following the California Department of Public Health requirements for gatherings. At this time, gatherings should be limited to no more than three households and should be held outdoors. All attendees should follow the standard hygiene protocols noted above.

Public health officials are also encouraging all individuals to avoid unnecessary travel, especially if you or someone in your family is at increased risk for severe illness from COVID-19. If you plan to travel, please review the CDC's travel considerations before you go. Upon returning from travel, the CDC recommends individuals maintain physical distancing, wear a mask while in public, wash their hands, and monitor their health for symptoms of COVID-19. In addition, California has issued a travel advisory that states people arriving in California from other states or countries, including returning California residents, should practice self-quarantine for 14 days after arrival and limit their interactions to their immediate household.

If you return from any high-risk areas and believe you or a family member may have come in contact with someone who is COVID-19 positive, please contact your health care provider and/or get tested.

We know this time of year may be difficult for many families. We hope that you are able to celebrate and spend time with loved ones safely and responsibly. If you have any questions or concerns, please contact me directly at [mpadilla@asetine.org](mailto:mpadilla@asetine.org) or Kim Groulx at [kgroulx@asetine.org](mailto:kgroulx@asetine.org).

Thank you for your continued cooperation and support.

Sincerely,  
May Padilla  
Executive Director