



TRAVEL PLANS

DURING THE SCHOOL YEAR



In accordance with the latest CDC and Tulsa Health Department guidelines, it is strongly encouraged; however not required, to self-quarantine for 14 days following travel - especially by plane.

Upon return, please monitor symptoms and take extra precautions for 14 days after arrival, and begin quarantine if there was a known, close contact to a COVID-19 positive individual.

Public health officials continue to recommend that all people defer travel on cruise ships (including river cruises) worldwide. PLEASE NOTE: A 14-day self-quarantine is required following a cruise.

These guidelines are subject to change, as Metro Christian Academy is following local, state, and federal travel guidelines. For more information, please review the most current guidelines provided by the state of Oklahoma at: <https://coronavirus.health.ok.gov/travel>.