

June 9, 2020

Dear St. Anthony-New Brighton families,

I have recently spoken with a few families in the district who have been affected by the coronavirus (COVID-19) and I am finding that most do not have current information about who should be tested and what to do if you or someone in your household has symptoms of COVID-19.

The information from the Minnesota Department of Health (MDH) and the Centers for Disease Control and Prevention (CDC) is constantly updating and changing. As your District Nurse, a Registered Nurse, Licensed School Nurse and Public Health Nurse, I wanted to provide information and resources to help you during this phase of the COVID-19 pandemic. Overall, in Minnesota the numbers of those testing positive with COVID-19 are increasing as testing is provided.

Stay home and call your healthcare provider if you or a family member have:

- **Any** new or worsening cough **or**
- Shortness of breath or difficulty breathing

Additionally, **even without the symptoms mentioned above**, you should **stay home and call your healthcare provider** if you or a family member has **any two** of the following symptoms:

- Fever 100.4 degrees or higher
- Chills
- Sore throat
- Muscle pain
- Headache
- New loss of taste or smell

To be clear, if any members of the household are sick with the above symptoms, all members should stay home until testing has been completed (and you receive guidance from MDH) or an alternative diagnosis is given by your healthcare provider (such as strep throat).

The MDH has a few resource pages that are updated regularly and can help you be better informed and make choices about your health:

- [If You Are Sick](#): this site offers screening tools to help you decide if you should get tested, where to get tested, and Frequently Asked Questions.
- [COVID-19 Information for Minnesotans](#): this site has links to If You Are Sick, Get Help (with housing, jobs, and food), Stay Safe MN, and how to Volunteer.

In addition to these resources, please contact me if you have questions. I am working from home most of the time, so email is the best way to reach me at lwatzl-king@isd282.org. **Remember, even with the loosening restrictions, Minnesotans should stay home as much as possible, limit gatherings to 10 people or less, practice social distancing, wash hands frequently and thoroughly, and wear a mask when in public.**

Take care,

Lori Watzl-King, RN, LSN, PHN
District Nurse