

NURSE NOTES

Dear Gull Lake Families,

As we team together to provide the safest possible environment for our students, it is important that you read and follow the following guidelines. Our goal is to keep school open as much as possible, but it will require your assistance to ensure that we are following the recommended protocols to prevent an outbreak that would possibly cause the school to close. A reminder that The Gull Lake Community Schools is bound by FERPA (Family Educational Rights and Privacy Act) and HIPPA (Health Insurance Portability and Accountability Act) and will only be sharing information when absolutely necessary. Examples of which would include, but not be limited to sharing information with your area's health department, with the affected building administrator and secretary, and central administration. Teachers will only be notified of a student's extended absence but will not be given details of the situation unless your family shares this information.

Please contact Nurse Megan at 269-548-3529 or masper@gulllakecs.org If:

- Your student was a close contact (within 6 feet for 15 minutes or more) of a positive case of COVID-19
- Your student has tested positive for COVID-19
- Someone in your household has tested positive for COVID-19
- You have any questions/concerns

Please continue to call your school's absence line to report student absences with the reason for their absence, including symptoms if sick.

If your student has a pending COVID-19 test, they should not be at school or activities. If the student's family/household member is being tested and awaiting results, the student may still attend school, but if the family member ends up testing positive all household members need to quarantine. If a member of your household is being tested and awaiting results, please limit those who enter your home or come in contact with your family member to essential people until you have the result.

If someone in your household tests positive for COVID-19, please contact Nurse Megan. All household members of the positive case would be considered a close contact and must quarantine at home. When a positive test comes back for a family member, **please try your best to isolate the positive person**. If unable to fully isolate, the quarantine time is: 10 days from when the positive person started developing symptoms PLUS the 14 days of your quarantine-so a total of 24 days. Please read the following tips to help isolate a positive person in your home:

1. Limit contact: The sick individual should isolate themselves in a separate room if possible and use a separate bathroom if possible.
2. The person who is sick should wear a mask when other members of the household are near them, and other household members should also wear masks when near the positive case. Try to limit any family members being within 6 feet of the individual who tested positive.
3. Eat in separate rooms or areas. The person who is sick should eat in their room if possible. Wash dishes and utensils using gloves and with dish soap and hot water, or in a dishwasher. Handle any dishes or utensils used by the sick person with gloves.
4. Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics with the person who is sick.
5. When to wear a mask or gloves: The person who is sick should wear a mask when they are around other people in the home who are not sick. The caregiver should wear a mask when in close contact with the sick person. Gloves do not replace hand washing-wash your hands often.
6. Clean and disinfect high touch surfaces and items every day.
7. Track your own health. If you develop symptoms after being in close contact with someone who has tested positive for COVID-19 you also need to isolate.

NURSE NOTES

For more information on the length of quarantine and on household recommendations when a household member tests positive for COVID-19 please see the links on the Return to Learn 2020 webpage under Nurse Notes.

Masks are still required on busses, in classrooms, hallways, and recess/gym. The only time the masks should come off is lunch or snack. A reminder of what masks are unacceptable: bandannas, gaiters, see through material (lace/tulle), and masks with vents or valves.



If your student has a condition that mimics any symptoms of COVID-19 please ensure that the school has this information on file from the student's medical provider. We know it is impossible to distinguish between symptoms of a cold or flu, seasonal allergies and COVID-19, so we ask that you alert us if your student is experiencing symptoms outside of their normal range.

If your student shows symptoms of COVID-19 while they are at school (Temperature of 100.4F or higher/or signs of fever: chills/sweating, sore throat, new uncontrolled cough that causes difficulty breathing, diarrhea, vomiting, abdominal pain, new onset of severe headache) your student will be taken to the sick isolation room supervised by our staff. You will be called to pick up your student. You or someone you list as an emergency contact must pick up your student within a reasonable amount of time. Based on your student's symptoms and possible exposure to COVID-19 you will be given directions as to when your student may return to school. You must call your student's school BEFORE sending them back to school to speak with a secretary or nurse, they will confirm whether your child is ready to return.

The Kalamazoo County Health and Community Services Department has advised that If your student has been in close contact (within 6 feet for 15 minutes or more) of a positive case they will notify you by phone. If a positive case has been identified within your student's school: a letter will go home to notify you of this, but you will only be called if your student is considered a close contact.

Thank you, and please let me know if further questions arise,

Nurse Megan