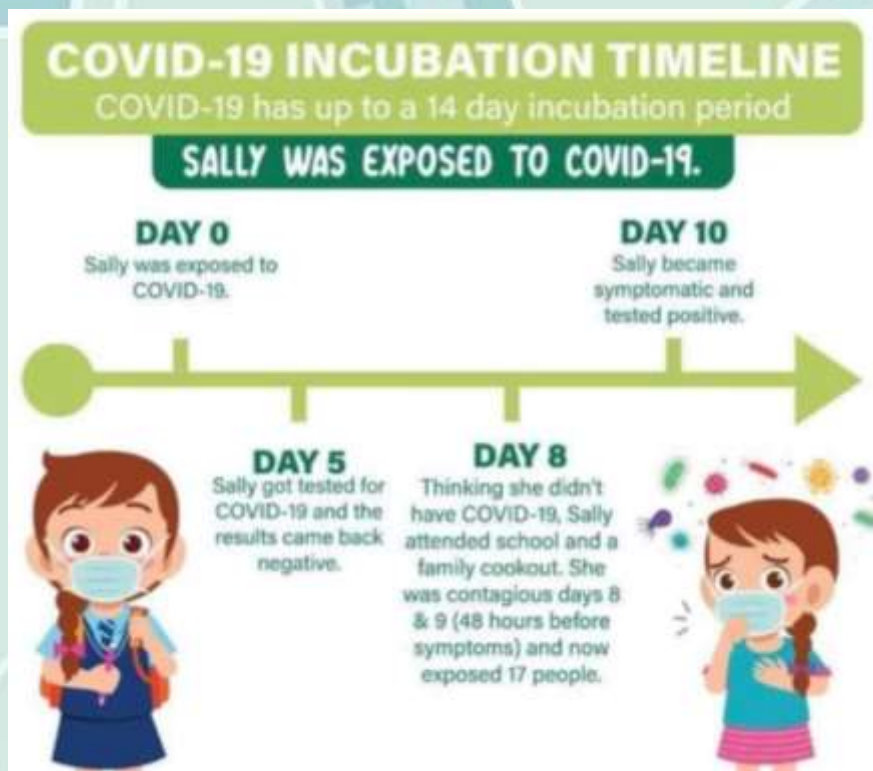


NURSE NOTES #2

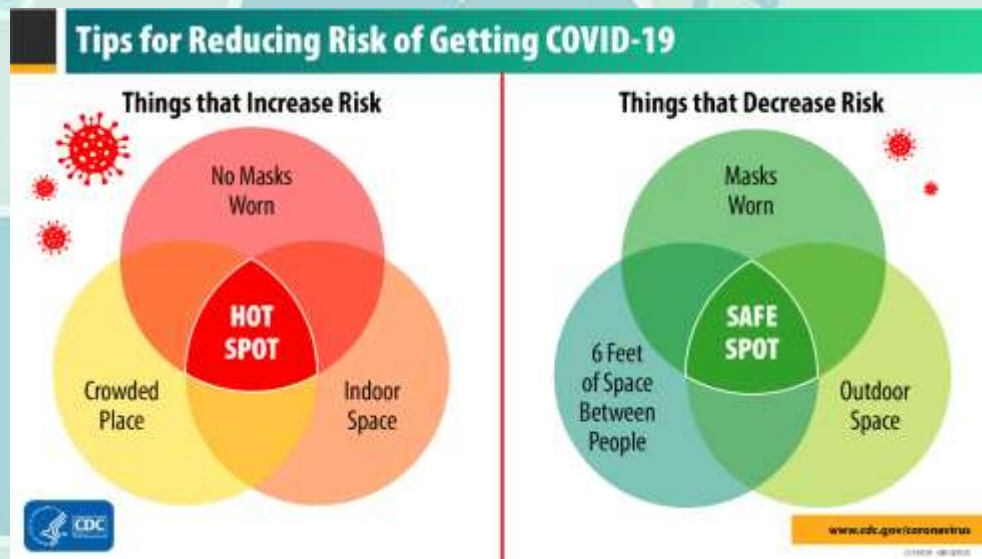
Hi families,

In order to sustain a consistent learning environment for our in-person learners, we must team together to make education a priority. As cases in Michigan are rising, it is more important than ever to do all we can to help avoid school closures. Families are encouraged to follow mask guidelines while they are out in the community and limit non-essential outings and gatherings. Please review the following information adapted from the CDC:

- In general, the more closely you interact with others and the longer the interaction, the higher the risk of COVID-19 spread. Increased number of people, as well as congregating in indoor settings, and not wearing masks also increase the likelihood of COVID-19 spread.
- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions such as keeping your distance, wearing a mask, and washing/sanitizing hands frequently.
- Understand the potential risks of going out and consider them before choosing to participate in events or gatherings. When choosing if you will participate in activities consider: Is COVID-19 spreading in your community? Is the event indoors? How many people will you be interacting with? Will masks be worn? Will there be the ability to social distance? What will be the length of time interacting with people? Is it essential that you/your family be there?
- If you were to test positive, anyone you interacted with within 6 feet for 15 minutes or more (cumulative and/or consecutive) with or without a mask would be considered a close contact. These people would all need to quarantine for 2 weeks. Just 1 positive case can impact many other people and take out many other staff and students from school. Please remember to keep your distance from others and limit your group interactions to only those necessary. An infected person is contagious starting 48 hours BEFORE showing symptoms and may be unknowingly spreading COVID-19 to those around them.



NURSE NOTES #2



As we begin full face to face for the elementary levels, I wanted to send a few reminders. Thank you for checking your students' health each morning before you send them off to school. Please do not send your student to school if they have any of the following symptoms:

- Temperature 100.4 F or higher, or signs of a fever (chills/sweating)
- Sore throat
- New uncontrolled cough
- New onset severe headache
- Abdominal pain
- Vomiting
- Diarrhea

Please do not send your student to school AND call Nurse Megan 269-548-3529 if:

- Your student is being tested for COVID-19
- Someone in your household has tested positive
- Your student has been in close contact with someone positive for COVID-19
- Your student has tested positive for COVID-19

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/personal-social-activities.html>