

# NURSE NOTES #3

Hi families,

I'm sure you are aware our community's cases of COVID-19 are rising quickly. For Nurses Notes 3 I made a [video](#)\* (around 10 minutes) that speaks to why contact tracing is important and why when you are considered a close contact to a positive case it is imperative that you remain home and away from others. The Kalamazoo County Health Department made a press release on 11/9/20 requesting that persons take responsibility for their positive status when they receive it and take the next necessary steps due to the volume of cases they are currently responding to. You can see the entire press release on the [Kalamazoo County website](#), I will try to summarize:

**If your student is being tested for COVID-19 even if they are not symptomatic, they should not be at school or sports.**

## **If you or your student tests positive for COVID-19**

- Start isolating right away: stay home except to receive medical care
- Notify your close contacts: please notify Nurse Megan 548-3529/[masper@gulllakecs.org](mailto:masper@gulllakecs.org) for positive students as well as if a parent or other family member tests positive for information on student quarantine. Notify anyone who you would have come in close contact with (within 6 feet for 15 minutes or more) starting from 2 days PRIOR to the start of your symptoms. If you do not feel comfortable notifying others please let me know, I can do it for you and maintain confidentiality.
- Nurse Megan can help walk you through when you/your student(s) may return to school/normal activities

## **If you are considered a close contact of someone who is positive for COVID-19**

- Start quarantining right away: stay home except to receive medical care and monitor for symptoms. If symptoms develop, get tested. This means: no school, no work, no sports games or practices, no socializing with friends, no playdates, no sleepovers, no shopping. PLEASE help stop the spread even if your student is not experiencing symptoms.
- Close contacts are considered to have been exposed and now possibly infected with COVID-19, it is important to separate this person from others for 14 days starting from the last close contact with the positive person. The goal is to interrupt the spread by intervening and having close contacts stay away from others in case they can spread COVID-19 before they are aware, they are sick.
- Close contacts MUST quarantine for the full 14 days regardless of a negative test result.
- Please download the MI COVID Alert App and have any student you may have with a cell phone also download it. "This is a free app for your mobile phone that will help us to protect each other and slow the spread of COVID-19. Contact tracing finds people who may be at risk from coronavirus because they were in close contact with someone who has the virus. They can then be alerted and advised on what action to take to protect themselves and others"

[https://www.michigan.gov/coronavirus/0,9753,7-406-99891\\_102592\\_102594---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-99891_102592_102594---,00.html)



\*In the making of my video "Nurses notes 3", visual as well as informational resources were pulled from COVID-19 Contact Tracing: A course from Johns Hopkins University as well as [cdc.gov](http://cdc.gov)

Please contact me with any questions.

Nurse Megan