

# NURSE NOTES #4

## Important Reminders and Thanksgiving Safety

### Parents/Guardians:

Please continue to alert Gull Lake Community Schools *even during this break* if:

- Your student or anyone in your household tests positive for COVID-19
- Your student or family came in close contact with someone who tested positive for COVID-19
- Any questions or concerns

Please either contact Nurse Megan, 269-548-3529 or [masper@gulllakecs.org](mailto:masper@gulllakecs.org)

Gull Lake Community Schools is committed to providing as safe a learning environment as possible, to help achieve this we need to be aware of any positive cases or quarantines to ensure that students or staff who may pose a risk have been properly cleared to return to in person learning and or extracurricular activities.

### Thanksgiving

As Thanksgiving approaches, please note that cases are continuing to rise quickly across the United States. The safest way to celebrate Thanksgiving this year is to celebrate at home with those you live with, and virtually with family members in different households. Remember that even people who do not have symptoms are still able to spread COVID-19, staying home is the best way to protect yourself and others. Traditional Thanksgiving gatherings which include several other households increase the likelihood of COVID-19 spread.

### Travel

The CDC requests that people do not travel at this time, but If you do plan on traveling note that some states or cities have travel restrictions, you can check those here: [www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html)

Upon return from travel there is not a mandatory quarantine, but quarantine would be necessary if your student was in close contact with a positive case or your student or family member tested positive for COVID-19.

### Safer Gatherings

If you choose to gather with friends or family from other households some tips for a safer gathering are:

- If possible, have the gathering outdoors. If not, open windows to allow fresh air to circulate.
- Limit the number of guests and be aware of those who are at higher health risk.
- Wear masks except when eating.
- Maintain a 6-foot distance from others who do not live in your household
- Limit handling of used plates and utensils-have everyone put their own dish and utensils directly into the dishwasher or use single use utensils that go directly into the garbage.
- Wash your hands frequently

The above information comes from the following website:

[www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html)

Please contact me with any questions.

Nurse Megan