

NURSE NOTES #5

Important Reminders In Preparation For Returning To School

Greetings Gull Lake Families,

As we prepare to return to in-person learning next week, I wanted to remind families that we require you to alert Gull Lake Community Schools 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 contact Nurse Megan, 269-548-3529/ masper@gulllakecs.org or your student's building secretary.

Even if the illness or exposure occurred early during the Thanksgiving break, we still need to know for tracking purposes as well as ensuring that your student has completed the required quarantine period.

If you traveled or gathered over Thanksgiving break, please take any symptoms that develop seriously. If your student or a household member develops symptoms after a close contact with others, please keep your student home and consider testing.

Symptoms to watch out for:

- 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
- New loss of taste or smell

Remember we are counting on you to help us remain open for in person learning. If we follow the health department guidelines, we have a much better chance at being successful. Gull Lake Community Schools is committed to providing the safest learning environment 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.

Please contact me with any questions.

Nurse Megan
269-548-3529
masper@gulllakecs.org