

# NURSE NOTES #6

## Important Reminders and Holiday Safety

Greetings Gull Lake Families,

Parents and 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 contact Nurse Megan, 269-548-3529 [masper@gulllakecs.org](mailto:masper@gulllakecs.org)

Gull Lake Community Schools is committed to providing the safest learning environment, possible. Please help us achieve this by reporting any positive cases or quarantines. This helps us ensure that students or staff who may pose a risk have been properly cleared to return to in-person learning and or extracurricular activities. As you are aware, students return to in person learning January 4th, 2021. If your student or family has been exposed, tested positive or is experiencing symptoms of COVID-19 please reach out to Nurse Megan for direction.

### Holiday Gatherings

As the holidays approach, please remember that cases are continuing to rise across the United States. The safest way to celebrate winter holidays 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, your family, your friends and your community. Traditional holiday 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

Suggestions for a safer gathering if you choose to gather with friends or family from other households:

- If possible, have the gathering outdoors. If that is not possible open windows to have as much fresh air as possible
- Limit 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
- Those who are at an increased risk of severe illness should not gather with others outside of their household.
- Those who have COVID-19 and have not yet been cleared, have symptoms of COVID-19, are waiting for COVID-19 test results, or may have been exposed to someone positive for COVID-19 should not host or participate in gatherings.

Information has been gathered from the following website to create this update: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html)

Please contact me with any questions.

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