

Communication from District Office

January Covid Updates and Reminders

Mask Types

Based on updated medical advice regarding the new Covid-1p variant Omicron we are strongly recommending that all staff and students discontinue wearing cloth face masks.

"We need to be wearing at least a three-ply surgical mask," she said, which is also known as a disposable mask and can be found at most drugstores and some grocery and retail stores. "You can wear a cloth mask on top of that, but do not just wear a cloth mask alone."

CNN Medical Analyst Dr. Leana Wen

NOVIR on site testing

Testing is available daily for all staff, students and any members of their households age 3 and above. Please see the flyer for a reminder on how to sign up for testing.

[Testing Information](#)

New CDC Guidance

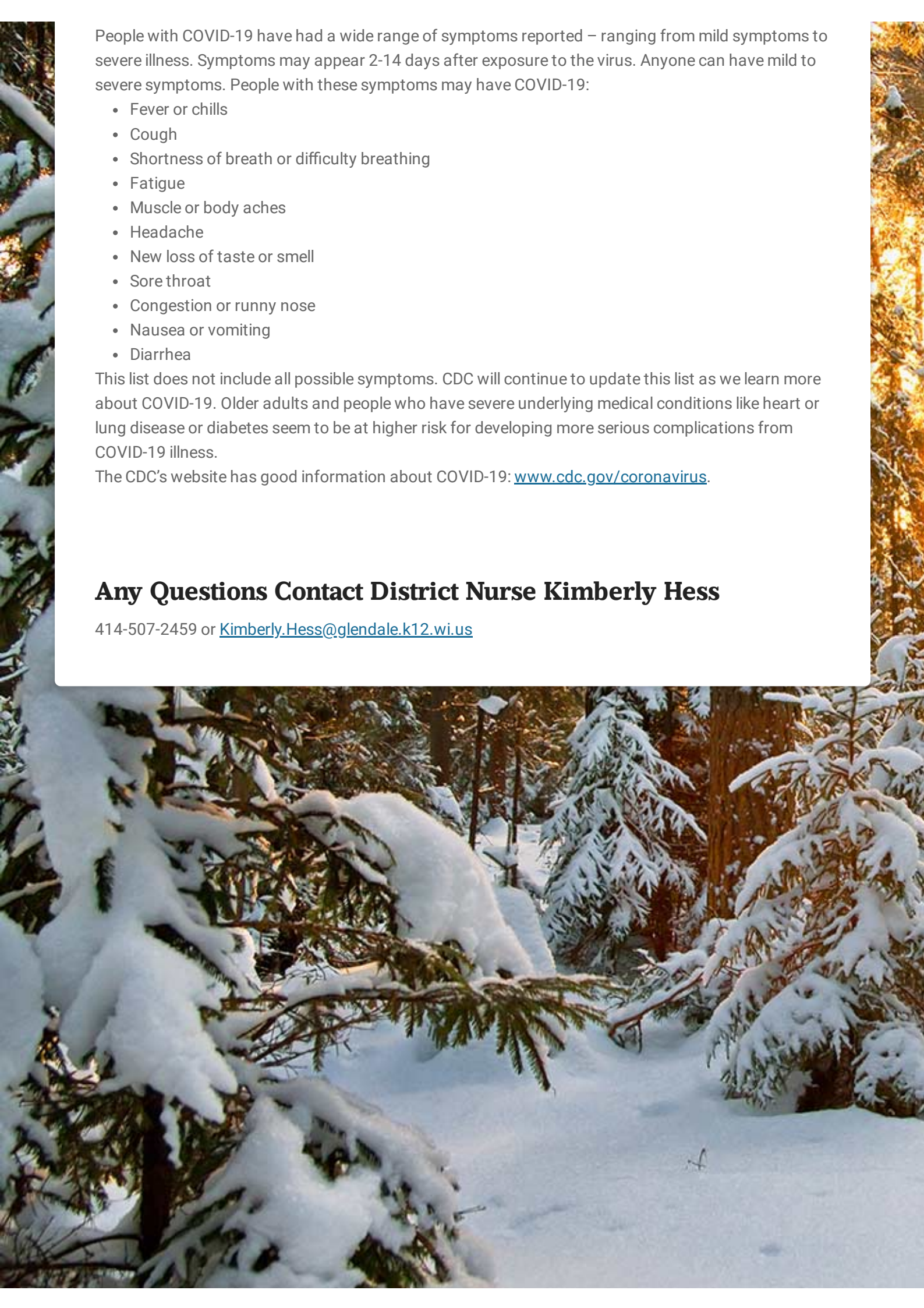
The district staff and school board continue to work on implementation plans for new CDC quarantine and Test to Stay guidelines.

Based on recommendations from the North Shore Health Department we will begin implementing the recommended guidelines for district staff. District Nurse Kim Hess will work with each staff member using the CDC guidelines to determine their individual length of quarantine.

I will be working with the District Nurse, Kim Hess and the School Board to create a timeline for changes to student quarantine.

Thank you for your continued patience as we navigate the changes.

Updated List of Symptoms from the CDC



People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

The CDC's website has good information about COVID-19: www.cdc.gov/coronavirus.

Any Questions Contact District Nurse Kimberly Hess

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