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UPPER ADAMS SCHOOL DISTRICT

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RE: Important Health Message

January 2, 2022

Dear Upper Adams School District Families:

Happy New Year! I hope you and your family had a relaxing, enjoyable, safe, and healthy holiday season. This letter is a communication regarding winter sicknesses and COVID.

Prior to the holiday break our nurses were seeing a variety of sicknesses at our schools. While increases in sickness is common during the winter months, sickness combined with COVID is something we continue to monitor closely. Over the holiday break every building in our district was electrostatically cleaned as an added protection. Our goal is to safely keep our classrooms and schools open for in-person instruction, but we need your assistance to help us meet our goal to stay open for instruction.

If your child (or anyone in the household) has one (1) symptom from Column A or two (2) or more symptoms from Column B of the COVID Symptom Chart, please keep your child home from school, and contact your doctor to discuss whether a COVID test is warranted. If your child is tested, please keep all siblings home until you get your results. If your doctor does not feel testing is warranted, please have them write a note stating that the symptoms they are experiencing are not COVID related. The note should include when they feel they can return to school, but your child must also be fever free (without the use of fever reducing medications) for 24 hours AND be experiencing significant improvement of symptoms. If the test is negative, siblings may return to school immediately if they are symptom-free.

COVID SYMPTOM CHART

<u>Column A:</u>	<u>Column B:</u>
Fever 100 F or higher	Sore throat
Cough	Chills
Shortness of breath	Muscle Aches
Difficulty breathing	Headache
Loss of taste and smell (not caused by congestion)	Congestion or runny nose
Diarrhea	
Vomiting	
New onset severe headache	

If anyone living in your household tests positive, you must keep all children home to quarantine, unless they meet the quarantine exception noted below. We recommend you call your child's doctor for advice on how long to quarantine and they can also provide you with a note on when your child may return to school. If you chose not to call your doctor your child may be required to quarantine for up to 20 days.

Exception to quarantine: If your child is fully vaccinated (at least two (2) weeks past their 2nd vaccine) they may continue to come to school as long as they are completely asymptomatic (no symptoms as outlined above). You must provide the school with a copy of the student's vaccine card. Students should also be wearing a mask to return to school and should continue to wear a mask for 10 -14 days. If they develop any symptoms during this time, they should be kept home. Your doctor will be able to provide you with expertise.

Thank you for your attention to this extremely important information. Working together we will be able to keep sickness to a minimum, everyone as safe as possible, and schools open for in-person instruction during the time of the year we see many forms of sickness.

Sincerely,

Wesley T. Doll

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Superintendent