



## PARENT/GUARDIAN ALERT

Date \_\_\_\_\_

**COVID-19 has been identified at (school name) \_\_\_\_\_ and is contagious (infectious, “catching”).**

COVID-19 is a respiratory illness that spreads through coughing, sneezing, and contact with nasal secretions (snot), mucus or saliva from the mouth or throat of an infected person.

Date of potential exposure (if known) \_\_\_\_\_. **Student must quarantine for 14 days unless they meet the shorten quarantine guidelines.**

Return to school on \_\_\_\_\_

Please watch for early signs and symptoms in everyone in your household, which may include:

- Fever
- Coughing
- Shortness of breath or difficulty breathing
- Other symptoms: chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.

If you notice any of these symptoms, please contact your health care provider. Then notify your school as well.

If these symptoms appear while the child is at school, she/he will be excluded from the group setting and you will be called to pick him/her up.

Both children and adults can get COVID-19. Some people are at higher risk for getting seriously ill however. For the safety of your family and the community, it is critical for you to take actions to reduce your risk of getting sick with COVID-19.

**You can take the following precautions to protect yourself from respiratory illnesses, such as COVID-19:**

- Practice physical distancing as much as possible, keeping 6 feet between yourself and others
  - Avoid close contact with people who are sick.
- Take everyday preventative actions, including:
  - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing.
  - If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
  - Avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people etc.
  - Use a tissue or your sleeve to cover your hand or finger if you must touch something.
  - Avoid touching your face, nose, eyes etc.
  - Clean and disinfect your personal area to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).

If you have any other questions, please follow up with your doctor.

Please contact our office if you have any further questions about this notice at (520) 724-7797.