

# Hi Hedgehogs!

*A message from your school nurse Mrs. Pags:*

We appreciate the vigilance of our Cetronia Community in keeping everyone healthy and safe during this time!! As we continue to see cases of COVID-19 and the flu remember the importance of hand washing, respiratory etiquette, and keeping kiddos at home when they are not feeling well.

## **Terms to remember:**

**Close Contact:** Someone who was within 6 feet of an infected person for a consecutive total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

**Quarantine:** The separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic from others who have not been so exposed to prevent the possible spread of the communicable disease. At least 10 days.

**Isolation:** The separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. At least 10 days or until symptoms have improved, and no fever for 24 hours without fever reducing medication.

If your student does need to complete the quarantine and/or isolation requirements, your child can continue to learn if they feel well enough. Please reach out to your teacher to discuss how learning may continue. They have been wonderful with working with students as needed.

The guidelines in which we as a district follow can be reviewed on the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

**Please feel free to reach out to me with any questions and/or concerns you may have. I am always happy to help answer any questions! We are all in this together!**

**Reminders:**

Please continue to send in dental and physicals and thank you for those who already have!

The weather is changing, please have your children bring in or wear a jacket as they may go outside for mask breaks, recess, and gym class.

Have a great week!

*Alyssa* RN, CSN

