












NURSE NEWSLETTER: **Important Information for Parents**

If you have symptoms or have been exposed to COVID-19, it is important to get tested to reduce community spread and save lives.

- If you test positive for COVID-19, you will need to isolate, whether or not you have symptoms.
- If you have been in close contact with someone who has COVID-19, you will need to quarantine.
- Click on this video link for more information: <https://www.youtube.com/watch?v=wnrFEWUwclw>
- For more information on student's return to school, click [here](#)

Quarantine versus Isolation	
Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others.	Isolation keeps someone who tested positive for COVID-19 with or without symptoms away from others, even in their own home.
<p>For close contact with COVID-19:</p> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Stay home and notify the school's attendance office if your student is/will be on school grounds at any time.</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><i>Quarantine</i> for 14 days after the Date of last exposure to the COVID-19 positive person. You may consider ending quarantine early after 10 days if you have no symptoms.</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Check your temperature twice a day and watch for COVID-19 symptoms.</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Contact your School Nurse and health provider when you start having symptoms. Get tested at Deschutes County Testing Locations</p> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>If possible, stay away from everyone, including the people you live with and especially people who are at high risk for getting very sick from COVID-19</p> </div> </div>	<p>For a positive COVID-19 test:</p> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Stay home and notify the school's attendance office if your student is/will be on school grounds at any time.</p> </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><i>Isolate</i> until after...</p> <ul style="list-style-type: none"> ● 10 days have passed from your positive COVID-19 test if you do not have symptoms ● 10 days from the start of symptoms if you do have symptoms. ● You are fever free for 24 hours without the use of fever-reducing medicine and your symptoms have improved or resolved. </div> </div> <div style="display: flex; align-items: flex-start; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p>Contact your School Nurse when you start having symptoms.</p> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Stay in a separate room and use a separate bathroom from others if possible. Stay away from pets and other people in your home.</p> </div> </div>
<p>Click the link below for more details on Quarantine: OHA How to Quarantine</p>	<p>Click the link below for more details on Isolation: OHA How to Isolate</p>

Please keep in mind that non-essential travel is not recommended right now. If you do travel outside of Oregon, *we recommend that you quarantine for 14 days* beginning when you return home.

Do your part and stay safe!

Attendance Office Phone:
Attendance Office Email:

Nurse:
Phone:
Email: