



## MSD of Shakamak

### Letter from the Nurse's Office

September 10, 2020

Parents/Guardians:

As you all know, the COVID-19 guidelines and procedures are changing rapidly, sometimes even daily. I am writing today to share important updates regarding quarantine and close contacts as it is my responsibility to communicate those changes with you.

#### 1. Who needs to quarantine?

Anyone with symptoms of COVID-19 who does NOT get tested is still isolated.

Anyone who has been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

Anyone who has tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

#### 2. Who does not need to quarantine?

Anyone with symptoms of COVID-19 who has a negative test and is NOT a close contact of someone with confirmed COVID-19 may return to school; no doctor's note required.

Siblings and household members of someone with symptoms do not have to quarantine; However, if COVID-19 is highly suspected, siblings and household members may be directed to quarantine until test results are known.

Anyone with symptoms who is not tested must isolate.

#### 3. What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 masked or unmasked for a total of 15 minutes or more (cumulative)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person who has COVID-19 (hugged or kissed them)
- They sneezed, coughed, or somehow got respiratory droplets on you.

The most current COVID-19 information can be viewed on the school website. Information is updated when received so please check frequently. Feel free to reach out to me by phone or email for any questions you may have. Thank you for your continued vigilance with morning health screenings and keeping your student(s) home when they are sick.

Warmest Regards,

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