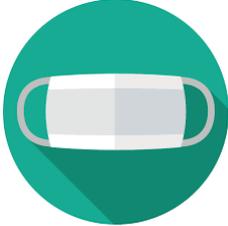


LET'S MAKE A DIFFERENCE • covid guidelines

This school year we will do what we can to limit the spread of COVID-19 in our schools. You can help us prevent the spread of disease and keep students in school full time. Here's how we all can make a difference this year.



MASKS STRONGLY RECOMMENDED

Although masks are not required, we do recommend masks for students, staff and volunteers, especially indoors when it's difficult to maintain a safe distance from others.



VACCINATIONS

Children 5 years and older can get the [Pfizer-BioNTech COVID-19 Vaccine](#). Those under 18 must have parental permission to receive the vaccine.



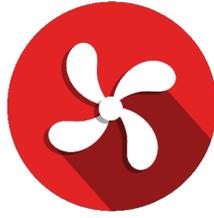
HAND HYGIENE

Regular hand washing continues to be important. It's a quick and easy way to reduce the spread of all kinds of viruses.



PHYSICAL DISTANCING

The more we can spread out, the better. When possible, try to put 3 feet between yourself and others.



VENTILATION

Last year we improved airflow and filtration in our schools, and that work continues this year.



CLEANING

Our staff will continue a heightened cleaning regimen, including sanitizing frequently touched surfaces.

when to stay at home

Please stay home when you are sick or after testing positive for COVID-19, even if you are not experiencing symptoms.

QUARANTINE FOR EXPOSURE: The CDC recommends staying home for 5 days if you are exposed to COVID and are NOT [up to date](#) on your COVID vaccinations. If you are exposed to COVID and are up to date on your vaccinations, or if you tested positive for COVID (using a viral test) in the past 90 days, you do not need to stay home unless you develop symptoms.

ISOLATION FOR TESTING POSITIVE: If you test positive for COVID or have symptoms, regardless of your vaccination status, you need to stay home at least 5 days. The CDC also recommends wearing a well-fitting mask for 10 full days when around others.

[CLICK HERE](#) to for more details on the CDC recommendations for quarantine and isolation.

Symptoms of COVID-19: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

For details on how long to self-quarantine, and testing options, please visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Updated 1/31/2022