

Dear Parents and Guardians,

I am writing to thank you for your support during another challenging school year. Administration and staff have been working hard to ensure that our students stay healthy while attending school in-person. As we head into the colder months that in a “normal” year bring colds and other winter illnesses, the Nursing Team at EASTCONN wanted to take some time to review what to do if your child is sick.

Symptoms of the Delta variant of COVID are the same as colds and allergies. Any student with even one of these symptoms **must be kept home and tested** for COVID or seen by a medical provider:

- Fever over 100.0
- Difficulty breathing
- New loss of taste or smell
- Persistent cough
- Shortness of breath

Any student with new onset of more than one of the following symptoms **must be kept home and tested** for COVID or seen by a medical provider:

- Fatigue or sleepiness
- Muscle or body aches
- Nasal congestion
- Nausea or vomiting
- Sore or itching throat
- Headache
- Runny nose

Sick children should stay home to rest and recover. Students with the above symptoms should be tested or evaluated by a medical provider. If you do not have a medical note or COVID test results, **do not** send your student to school. Students who are out of school for extended periods may be provided with assignments to complete while home. Those who are exposed to a COVID-positive person but are not vaccinated must stay home. Please notify the school office of any absences.

Any COVID tests that come back with a positive result **must be reported as soon as possible**. Results received over the weekend, during after-school hours or over a holiday break must be communicated by phone or email to the school nurse and administrator.

Parents planning holiday travel should be aware of the CT Travel Guidelines. It is recommended for anyone traveling to be fully vaccinated. Anyone who travels but is not fully vaccinated should remain at home upon return and should quarantine in the home for a full 10 days. If a person, vaccinated or not, develops symptoms in the 10 days following travel, they should immediately isolate and contact their medical provider to discuss COVID testing. Please refer to [www.CT.gov/coronavirus/travel](http://www.CT.gov/coronavirus/travel) for more information.

Vaccinations greatly help to slow the spread of COVID and minimize the severity of COVID infections. Vaccinated individuals do not need to quarantine if exposed to a positive case. All students over 5 years old are now eligible to be vaccinated. Contact your local health department or go to [www.covidvaccinefinder.ct.gov](http://www.covidvaccinefinder.ct.gov) to find vaccine clinics. Your school nurse is available to answer questions you may have regarding COVID, testing and vaccinations.

Healthy wishes,

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COVID Co-Administrator

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