












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=wnrFEWUwcIw>
- 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.
For close contact with COVID-19: <div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 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 style="display: flex; align-items: center; margin-bottom: 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 style="display: flex; align-items: center; margin-bottom: 10px;">  <p>Check your temperature twice a day and watch for COVID-19 symptoms.</p> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <p>Contact your School Nurse and health provider when you start having symptoms. Get tested at Deschutes County Testing Locations</p> </div> <div style="display: flex; align-items: center;">  <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>	For a positive COVID-19 test: <div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 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 style="display: flex; align-items: center; margin-bottom: 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 style="display: flex; align-items: center; margin-bottom: 10px;">  <p>Contact your School Nurse when you start having symptoms.</p> </div> <div style="display: flex; align-items: center;">  <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>
Click the link below for more details on Quarantine: OHA How to Quarantine	Click the link below for more details on Isolation: OHA How to Isolate

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: