

NWR7 COVID-19 GUIDANCE

If your child is exhibiting symptoms or has a diagnosis or exposure to COVID-19, please inform our school nurses, Patty Severson at 860-379-8525 ext. 2619, or Dorothy Mitchell at ext. 2618. They can also be contacted at pseverson@nwr7.org or dmitchell@nwr7.org.

We sincerely appreciate your cooperation and support in keeping our nurses updated. This information is very important to understanding the impact of COVID-19 on our schools.

Please do not send your child to school with any COVID-like symptoms. Keep your child/ren home if they have mild symptoms, such as a runny nose or sore throat, as they can be early indications of COVID-19.

The community spread of COVID-19 is significant and I urge you to take every precaution possible to keep yourself, your family and our school community safe. For more information on how to stay safe, please refer to the [CDC Guidelines](#).

The Farmington Valley Health District has found the source of exposure in a majority of community cases are linked to travel, small social gatherings outside of the home, and occupational exposure (not just healthcare workers). Household spread is becoming a more common occurrence.

COVID-19 is spread mainly via person-to-person contact through contaminated air droplets from coughing and sneezing by an infected person. As with controlling the spread of other viruses, we urge everyone to discuss the following preventive measures with your children and family members:

- Wash your hands frequently, but especially after using the restroom and before preparing or consuming food. Using soap and hot water, wash for about 20 seconds. Be sure to also wash your fingertips. When soap and water are not available, use hand sanitizer.
- Avoid coughing or sneezing into your hands or in the air. Always try to cough or sneeze into a tissue, then throw the tissue away. If you don't have a tissue, cough/sneeze inside the elbow of your arm.
- As much as you can, avoid touching your eyes, mouth, and nose.
- Wear a face covering (mask) whenever there is a likelihood that you or your family members will be in the presence of others.
- Maintain social distancing (at least 6 feet) between yourself and others when outside of your home. People with COVID-19 have reported a wide range of symptoms, from mild to severe illness. Symptoms may appear 2-14 days after exposure.

Symptoms can include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

For additional information on COVID-19 symptoms, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

If you, or any family member, is experiencing these symptoms please call your medical provider.

If you have any COVID-19 related questions, please contact Andy Bakulski, our COVID Liaison, at abakulski@nwr7.org or 860-379-8525 ext. 2200.