<u>**A Note from the School Nurse**</u>

Remind your child each day to wear his/ her mask to protect everyone.

We each need to do our part to prevent the spread of COVID 19 in our schools and community. A simple face covering, particularly when combined with keeping distance whenever possible, makes a huge difference in reducing the opportunities that the virus has to jump from person to person. Remember that a mask should cover your mouth and nose for the most protection!

Our success at school depends on what you do at home.

In addition to good hand hygiene, adequate rest, and proper nutrition, it is important for us to follow social distancing during this pandemic. Please be careful when choosing to participate in activities outside of school. Ask yourself… Will there be a large crowd? Will others wear face coverings? If I am sick, how many people will I expose?

Closely monitor your child for signs and symptoms of COVID 19.

When in doubt, keep your child out. We will follow NCDHHS and Haywood County School Board policies for exclusion of students. Please check your child each day for the following symptoms:

Fever, Chills, Shortness of Breath/ Difficulty Breathing, New Cough, New Loss of Taste or Smell
(As well as other symptoms of illness)

AS ALWAYS
- WEAR a mask that covers your mouth and nose
- WAIT six feet apart--give others space!
- WASH your hands frequently with soap and water, and disinfect surfaces
- ISOLATE as soon as you feel sick, and get tested
- QUARANTINE if you are exposed or tested for COVID
- DO what you can to NOT be a close contact with anyone

Remember: a close contact is considered to be within 6 feet for more than 15 minutes and not wearing a face covering. Your best bet is to protect yourself and others by following the guidance above.

Please contact the school if your child or a close contact tests positive for COVID19.