

11/8/20

Dear Parent or Guardian,

This email is to inform you we have a couple new COVID 19 cases in our school. I ask for your continued support by having your students stay home when they are not feeling well. The COVID-19 virus is spread from person-to-person, mainly through respiratory droplets produced when an infected person coughs or sneezes. Spread is more likely to occur when people are near each other (within 6 feet for at least 15 minutes).

Symptoms of COVID-19 include:

- Fever or chills
- Difficulty breathing
- Headache
- Congestion or runny nose
- Cough
- Fatigue
- Loss of taste or smell
- Nausea or vomiting
- Shortness of breath
- Muscle or body aches
- Sore throat
- Diarrhea

Recommendations:

1. **Answer the call** from the SD-DOH as your child may be identified as a close contact to the COVID-19 case.
2. **Be watchful for symptoms** suggestive of COVID-19 illness that may appear in your child during the next 14 days.
3. **You do not need to keep your child at home** unless notified by the SD-DOH that your child should stay at home or your child develops symptoms of COVID-19.
4. **Take precautions to avoid illness**, including:
  1. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
  2. Cover your mouth and nose with a cloth face cover when around others
  3. Avoid close contact with people who are sick
  4. Refrain from touching your eyes, nose, and mouth
  5. Cover your coughs and sneezes with a tissue
  6. Clean frequently touched surfaces and objects
  7. Individuals at higher risk for severe COVID-19 illness, such as older adults or people who have chronic medical conditions like heart, lung, or kidney disease, should take actions to reduce your risk of exposure (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>)

If you bring your child to a healthcare provider for COVID-19 evaluation, please bring this letter with you. For more information on COVID-19, South Dakota's Information Line can be reach at (800) 997-2880 or visit <https://covid.sd.gov/>.

If you have any questions, please don't hesitate to contact me.

~Chantal Ligtenberg, Sturgis Elementary Principal