

Hello St. Mark Families!

August 20,2020

Hopefully everyone is staying safe and feeling well! It's hard to believe that it is already August and we will be returning to school in the next few weeks. Today we wanted to bring you up to date about the COVID-19 medical plan to return to school. We know there are many questions and concerns. Many of us are parents with school aged children so we know how you are feeling during these unsettling times. Please know we are here for you and want to work together to answer any questions you may have.

Prior to sending your child or children to school, you should be assessing their health status. If they have any of the following, they should not be sent to school.

Daily Symptom Checklist-*Please contact your child's doctor if your child is exhibiting any of the following symptoms.

- Fever 100.0 degrees or higher
- Cough
- Chills
- Headache
- Shortness of Breath/Congestion
- Muscle or Body Aches
- Loss of Taste or Smell
- Sore throat
- Nausea/Vomiting
- Diarrhea

We ask that you make sure you have an updated **Emergency Contacts to include two reliable contacts** in case your child needs to be sent home. We need to reach someone to pick up your child **within 30 minutes**. We will be monitoring for any signs and symptoms of the COVID-19 illness. **If your child needs to be sent home with fever or COVID-19 related symptoms we will ask for you to contact your child's pediatrician and obtain a note from the doctor for your child to return to school.** Your child will need to stay home for at least 48 hours. This may increase to 72 hours if there is an increase in community COVID-19 cases. If a child tests positive for COVID-19, they will be out of school for at least 14 days. It may also be necessary for a full classroom or team to remain home if there is a positive COVID-19 case within their "Cohort" or "bubble" meaning the group, team, or classroom and perhaps the entire school. We will notify you when there is a need for this. With each positive case of COVID-19 we will consult with Stratford Public Health Department to evaluate the best course of action.

Also, in preparation of the return of students to school and to protect the steady progress we have made as a state in the transmission of COVID-19, please be aware that the State of CT has identified some high-risk travel areas that are impacted by high numbers of COVID-19. As we come closer to the end of the summer please keep the 14 day quarantine in mind when preparing to return your to school.

To control the spread of COVID-19 in Connecticut, all travelers and Connecticut residents who have spent 24 hours or longer in one of the Affected States within 14 days prior to arriving in Connecticut and who are staying in Connecticut for more than 24 hours are required to (1) complete the 'Connecticut Travel Health Form' and (2) self-quarantine for a period of 14 days from the time of last contact with such Affected State, for any portion of such 14 day period they spend in Connecticut, or for the duration of such travelers' stay in Connecticut, whichever is shorter, unless a traveler is exempt from the requirement to self-quarantine by virtue of an inability to self-quarantine coupled with a negative COVID-19 test result from the last 72 hours or by virtue of being an Essential Worker.

In addition, anyone entering from one of the identified states must fill out a travel health form upon arrival. Travelers can fill out the form online at ct.gov/travelform.

As of August 18, 2020, the following locations meet this criteria and are included in Connecticut's travel advisory. They are:

Alabama
Alaska
Arkansas
Arizona
California
Delaware
Florida
Georgia
Hawaii
Iowa
Idaho
Illinois
Indiana
Kansas
Kentucky
Louisiana
Maryland
Minnesota
Missouri
Mississippi
Montana
North Carolina
North Dakota
Nebraska
Nevada
Oklahoma
Puerto Rico

South Carolina

South Dakota

Tennessee

Texas

Utah

Virgin Islands

Virginia

Wisconsin

Please note that this list is updated on a weekly basis as the situation develops across the country and can be viewed at portal.ct.gov.

Additional reminders, St. Mark School is Peanut Free and please remember to send in a water bottle everyday!!!

We know this is a lot of information, so please feel free to email me at fratew@stratk12.org or my nursing supervisor Kim Velazquez at velazquezk@stratk12.org should you have any questions or concerns. We are in this together as a school family. We will take one day at a time always making the safety of our students and staff our first priority.

Wendy Frate RN

St. Mark School Nurse