

Dear Parents and Staff of Parkman School,

As a school district, we have been closely monitoring local, state, and federal public health guidance and data regarding the spread of the coronavirus disease (COVID-19). Last evening, October 1, 2020, we were notified that a member of the Parkman School community has tested positive for COVID-19. After consultation with the North Central District Health Department, it was determined that because this person has not been in the building since last week, no one in the school community is considered a close contact of this individual. Because of this, we do not have to require anyone to self-quarantine. Close contacts are defined as anyone who was within six feet of a confirmed positive person for fifteen minutes or longer. Public Health guidelines require us to notify anyone who was a close contact of a confirmed positive case within the previous 48-hour period of this person becoming symptomatic or within 48-hours from the day they were tested (whichever is sooner). Because this person has not been in the building within this timeline and no one is considered a close contact, we do not have to initiate our contact tracing protocols.

I realize that even though contract tracing is not required, receiving this message is still going to cause a lot of anxiety for anyone reading it. Please know that the health and safety of our students and staff is our greatest priority, and if I believed that school should not be open, I would not hesitate to shut down for a few days. Because of the circumstances explained above, closing Parkman is not needed, but we will continue to be vigilant with our mitigation measures to provide the safest learning environment possible for students and staff. I do want to use this opportunity to once again remind everyone that if you or your child are not feeling well or are showing any symptoms, please stay home and notify the school immediately. I've included instructions in this letter as a reminder.

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 take and speak to your children about the following preventive measures:

- 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.

Below is the list of COVID-19 symptoms for which everyone should monitor in their family members:

- ☐ Fever (100.4° Fahrenheit or higher)
- ☐ Chills or shaking chills
- ☐ Uncontrolled new cough (not due to other known cause, such as chronic cough)
- ☐ Difficulty breathing or shortness of breath
- ☐ New loss of taste or smell

For additional information on COVID-19 symptoms, please see:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Staff and students exhibiting any of the above symptoms or feeling ill should remain home, call their medical provider to report their symptoms, and ask about testing prior to seeking in-person care at a clinic, physician's office, or hospital.

For more information on what to do if you or a family member has possible symptoms, a diagnosis, or exposure to COVID-19, please see *Addendum 5: Interim Guidance for Responding to COVID-19 Scenarios in Connecticut School Districts*, which is available here:

<https://portal.ct.gov/SDE/COVID19/COVID-19-Resources-for-Families-and-Educators/Addendums-and-FAQs>

If anything changes, we will provide you with updates. If you have questions, please do not hesitate to contact me. I hope you all stay well and enjoy the weekend.

Thank you,

Christopher J. Drezek

Superintendent of Schools