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December 9, 2020

To: Parents or guardians of children who attend Croswell-Lexington Head Start

Your student has been identified by Sanilac County Health Department as a “close contact” of someone with COVID-19 or a probable case of COVID -19 (someone with COVID-19 symptoms that was exposed to a positive case). For COVID-19, a close contact is most often someone that has been within 6 feet (about 2 arms’ length) of an infected person for a total of 15 minutes, with or without a face covering.

Someone who has had direct contact for any amount of time with someone who has COVID-19, for example hugging, kissing, or sharing a vape pen, is also considered a close contact. Every case is different, however, the health department has to look at how COVID-19 is spread and how we get infected when figuring out close contacts. The health department helps determine close contacts every day and routinely investigates contacts to many types of contagious diseases.

Close contacts of a person with COVID-19 must quarantine at home for **10 days and monitor symptoms for 14 days from their last contact with the person while they were contagious**, which was December 7th. Quarantine separates people who were exposed to a contagious disease to see if they become sick. This is important because people who are infected with COVID-19 are very contagious two days before they have any symptoms of being sick, so unless they are kept separated from other people, they will spread the illness without even knowing it.

What This Means for Our Classroom

To ensure your safety, we have taken steps to properly clean the facility. **Sanilac County Health Department has determined the Cros-Lex Head Start classroom will be closed 10 days for quarantine.** Quarantine will end the 17th but students symptoms need to be monitored until the 21st If any COVID symptoms arise please continue quarantine and contact your medical provider. In an effort to remain consistent we have decided to stay virtual until winter break. You will receive more information about virtual preschool and how it works. In class is set to resume Tuesday, January 5th. The school district wants to stay closed Monday January 4th to thoroughly clean the building before students return.

Since close contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted. So, if you have had

contact to someone who is a close contact and is quarantining, you would not need to quarantine unless they developed symptoms or tested positive.

Most close contacts do not get COVID-19, but, because it is very contagious, we must be cautious.

Here are some tips from your local nurses on quarantining:

- The student in quarantine should try to stay at least 6 feet from others whenever possible
- When not possible to keep this space, the student should wear a face covering that covers their nose and mouth, as medically able
- Everyone should wash hands often, especially after touching their faces
- Disinfect commonly touched surfaces in the home, like doorknobs, light switches, etc
- Monitor your student for symptoms of COVID-19, such as
 - Cough
 - Fever/chills
 - Tummy troubles, like nausea, vomiting, or diarrhea
 - Body pains
 - Sore throat
- If your student develops symptoms during quarantine, call your family doctor

The state of Michigan has contact tracers that will reach out to you, provide information about quarantine, and help monitor for symptoms. Please answer their calls; they are here to help. If you have remaining questions about quarantining, please ask the Sanilac County Health Department.