



**NORMAN COUNTY EAST
SCHOOL DISTRICT #2215**

Rob Nudell, Superintendent

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January 4, 2021

Welcome back!

Hope you all had a wonderful break from the routine, and are ready to tackle the 2021 year! There were a few changes prior to break that came from Minnesota Department of Health related to quarantine. The school has decided that the new guidelines will be allowed but with certain expectations.

If you are a close contact of a family member- there is no testing out of quarantine, and no shortening of quarantine- a full 14 days remains required. If you are a close contact of someone outside of your home, there are two options to shorten quarantine. Option one is testing day 5 or later after exposure. Exposure day is day zero- so 5-7 days later, you may test. If the test is negative, on day 8 you may return to work/school with the form properly filled out and a copy of the negative test result. Option 2 is quarantine for 10 full days from exposure and on day 11 you may return to work/school-again with the form properly filled out.

If you choose to do the shortened quarantine, you still MUST monitor for even one symptom and stay home and get retested if a symptom or symptoms start for the FULL 14 days. Incubation for COVID 19 is still 2-14 days, so monitoring must continue through day 14. Again, this does not apply to household exposure. Household exposures still require 14-day quarantine.

At any time, if you have questions you are welcome to call Tracy at 218-280-3125.

Thanks,

Tracy Johnson RN, School Nurse

Rob Nudell, Superintendent

Dustin Flaten, Principal