

## Dear Parents and Guardians,

We appreciate the outstanding effort families and staff in Medfield are making to keep our students safe and in school. We can not thank you enough for keeping your students home when they are sick, following advice to get them tested for COVID, and following the return to school guidelines after testing, travel or close contact.

Over the last week we have had many cases of **COVID-19** in the Medfield community. We feel it is important to help support families and review the necessary health guidelines to continue maintaining the safety of our students and community. **COVID can feel like a regular cold.** It is of the utmost importance for all adults and students to *stay home and isolate with any symptoms of COVID-19 as well as to always remain at home while waiting for test results.* With the cold weather upon us, the following procedures are imperative for the health and safety of our MPS community:

- Maintain physical distancing at all times with members outside of your immediate family. This means do not be within 6ft of someone for 15 minutes or greater in a 24 hr period.
- Masks should be worn at all times when around other people.
- If you are in a car with other people for more than 15 minutes and someone in that car tests positive up to 48 hours later, you will be considered a close contact and need to quarantine for 7-10 days. Consider not carpooling to sports, events or outings. If you must, keep the distance short (less than a total of 15 minutes in 24 hours), wear masks and open car windows for increased ventilation. We have had a few cases of students test positive when exposed during a carpool.
- Do not host or allow your student to attend indoor gatherings/ parties/ sleepovers/ playdates with other students. While assisting with contact tracing, we learned from the public health nurses that individuals in an enclosed poorly ventilated space such as a basement are all considered close contacts even if they maintained a six-foot distance.

[Please Click Here for Guidance in the event that your child becomes a close contact](#)

Also, as a reminder the **MA COVID-19 travel order is still in effect.** If anyone travels/returns to MA from a red state (all states except Hawaii are currently high risk), they must be tested for COVID-19 within 72 hours of arriving in MA. They must receive negative results to return to school and a copy of the negative test will need to be sent to your school nurse. Testing for children 10 years and younger, who are traveling with an adult from their household, is not required but recommended. They may return to school after the adult receives a negative test result.

Here is a [Link](#) to the Mass.gov website with more information on which states are high risk and require testing for return to MA. **A negative PCR test is required for return to school.**

Here are a few local testing sites for reference: [Local Testing Sites](#)  
Find other sites: [COVID-19 Test Site Locator](#)

Please review Medfield Public School Covid Guidelines: [Family COVID Guidelines](#)  
Information if you have tested positive for COVID 19: [The Commonwealth of Massachusetts](#)

**Quarantine Information if you have been identified as a close contact:**

[If You Are Sick or Caring for Someone,](#)

**Activities that Students Can Do to Help Prevent the Spread of the Virus**

**\*while wearing masks and maintaining physical distancing of at least 6 feet**

- Gather outdoors with friends
- Continue with extracurricular activities as allowed such as clubs, theatre, Scouts or consider starting new club ideas/activities that can meet virtually
- Play sports as allowed
- Hike, walk, bike with friends
- Facetime friends, Zoom call with friends
- Outdoor dining while the weather still cooperates
- Video game tournament with friends, virtual board games, virtual trivia
- Exercise, fishing, cooking, arts and crafts

*The safety of our community and the ability to continue with in-person learning depends on all of us and how we conduct ourselves in and out of school.* We know this is not an easy time for anyone, especially our children. Please reach out to your school nurses at any time with questions or concerns.

Thank you.

**SCHOOL NURSE CONTACT INFO:**

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