



# COOPERSTOWN CENTRAL SCHOOL

District Offices, 39 Linden Avenue  
Cooperstown, New York 13326-1496

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**To:** Parents and Guardians

**From:** Sarah Spross, Superintendent

**Re:** Health Reminders

**Date:** March 24, 2021

**C:** Ann Meccariello, Junior/Senior Principal  
Tracy Durkee, Elementary School Principal

I hope this email find each of you and your family members healthy during these unprecedented times. Considering the recent COVID cases here and at neighboring school districts, I wanted to send a health reminder.

Please do not send your children to school if they experience cold, flu, or viral symptoms. We have programmed ourselves to push through the small ailments, however during this period we need to be extra vigilant to protect the health and well-being of our students and staff. If you are unsure whether you are symptomatic, please err on the side of caution and stay home if you are experiencing the symptoms below:

- Congested or runny nose
- Sore throat
- Cough
- Fever greater than 100 degrees
- Vomiting or Diarrhea
- Chills
- Fatigue
- Shortness of Breath
- New Loss of taste or smell
- Muscle or body aches

I also want to take this time to provide the following reminders regarding COVID:

- When anyone in a household experiences signs or symptoms of COVID-19 (fever, chills, rash, nasal congestion, sore throat, nausea, vomiting, diarrhea, fatigue, headache, muscle or body aches, and new loss of taste or smell) all children **MUST** stay home.
- The symptomatic person should be tested for COVID and results forwarded to the School Nurse.
  - A **NEGATIVE** COVID test means non symptomatic children may return to school. Symptomatic child remains home until fever free for 24 hours without fever reducing medication and symptoms are improving.

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- A POSITIVE COVID test, in a household, means everyone will quarantine. Department of Health will be in contact with you.
- Mask wearing and social distancing are still required.

As always, we welcome you to call the school nurse if you have any questions. Our school nurses can be reached at:

- Junior/Senior High School Nurse                      Lucas Spencer 607-547-2808
- Elementary School Nurse                                      Kim Stahl 607-547-9322

Thank you again for all your diligence and hard work to keep our students and staff healthy.