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**EAST GRAND FORKS PUBLIC SCHOOL**

INDEPENDENT SCHOOL DISTRICT #595

1420 4<sup>TH</sup> AVENUE NW

EAST GRAND FORKS, MN 56721

(218) 773 • 3494

Dear Parents and Student Athletes:

We were notified of a lab confirmed case of COVID-19 (coronavirus) on Saturday, October 2<sup>nd</sup> within the Cross-Country Group.

We worked with Polk County Public Health to identify anyone who had close contact with the case. A close contact is a person who has spent at least 15 minutes within 6 feet of the COVID-19 case. The coach and team have followed recommended precautionary measures and MSHSL return to practice guidance. There is no current indication of individuals being deemed close contacts at this time.

The risk of exposure for other individuals at practice/on the team is no greater than the risk of getting the virus in the general community. Individuals who did not have close contact with the positive case should monitor for symptoms of illness, but do not need to stay home unless symptoms develop.

***If symptoms develop, communicate with the coaching staff, stay home and consult with your medical provider to determine if testing/medical evaluation is needed.***

We understand that this may create unease in our team and community. We are asking all members of our community to minimize the spread of illness by taking the following actions:

- Wear a face covering when outside your home
- Maintain at least 6 ft of distance from persons not in your household, when possible.
- Protect yourself and others by washing your hands often with soap and water; cover your cough; avoid touching your eyes, nose, and mouth with unwashed hands.
- If you are sick, stay home.
- Frequently clean all commonly touched work surfaces, work areas, and equipment.

If you start feeling ill, stay home and away from other household members. It is recommended that you call your healthcare provider to be tested for COVID-19.

- Stay home until all these things are true:
  - It has been 10 days since you first felt sick.
  - You have had no fever for the last 24 hours, without using medicine that lowers fevers and improvement of symptoms.
- If your household contacts were exposed to you while you had symptoms, it is recommended to stay home for 14 days, monitor your

health and contact your medical provider for recommended COVID-19 testing.

If you have additional questions or concerns, you can contact the following people:

**Christy Carlstrom** School Nurse at 701-740-0046

**Suraya Driscoll** COVID team at 701-317-0710

**Mike Kolness** Superintendent at 218-784-8590

**Polk County Public Health** at 218-281-3385 (Monday- Friday 8:00am-4:30pm).

We will get through this together as a team and community.

Sincerely,

**East Grand Forks Public Schools and Polk County Public Health**