

Dear Staff, Students, and Families:

A member of the school community has reported that they have been diagnosed with lab confirmed COVID-19 (coronavirus). When working with Norman Mahnomen Public Health (NMPH) we have determined that the risk of exposure at our school is low, and we wish the individual a speedy recovery.

We have worked with NMPH to identify those who had close contact with the case and have already communicated with them individually. *A close contact is someone that has been within 6 feet of a case for 15 minutes or more.* The risk of exposure for other individuals present at school on that date is no greater than the risk of contracting the virus in the general community.

We understand that this may create unease in our school community. With school having been closed for 4 days prior to resuming classes- and the cleaning the school does on a regular basis, the school is safe to return to. We are asking all members of our school community to minimize the spread of illness by taking the following actions:

- Protect yourself and others by washing your hands often with soap and water; covering your cough and sneeze; avoiding touching your eyes, nose, and mouth with unwashed hands.
- If you are sick, stay home from school and other activities.
- Frequently clean all commonly touched surfaces (e.g., telephones, doorknobs, countertops, etc.).
- Maintain social distancing of 6 feet or more as much as possible.

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.  
Your symptoms are improved  
You have had no fever for the last 24 hours, without using medicine that lowers fevers
- If your household contacts were exposed to you while you had symptoms, it is recommended they stay home for 14 days, monitor their health and contact their medical provider for recommended COVID-19 testing.

*This is our first notification of a case of COVID-19 within our school year, and we are thankful to this individual for their self-awareness and reporting their condition. Given the number of cases in Minnesota and our region, we would expect to see increased cases.*

When the Norman County East School is notified of future positive cases, you will be provided with a general notice (unless you are identified as a close contact). That notice will not necessarily be an in-depth, NCE wide letter like this. Due to confidentiality and the stigma that is often associated with a positive COVID diagnosis- no one will be told who is potentially a positive. What will happen is when we get a confirmed positive test, families and staff will be notified through the school's Instant Alert system, with a notification being sent to staff and families that *"there has been a positive COVID person identified- and no further information will be forthcoming unless you are identified as a close contact- 15 min or longer- less than 6ft apart."*

If you feel ill, take the appropriate actions to protect our school community, seek medical attention, and we encourage you to report any COVID-19 health updates to Tracy Johnson RN at NMPH-218-280-3125

This is a challenging time and I know many of us may be feeling stress or anxiety. We will get through this as a community, and will be stronger together.

Sincerely,

Tracy Johnson School Nurse

Rob Nudell Superintendent

Dustin Flaten Principal

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