

HEALTH & SAFETY REMINDERS

These messages have been shared in our Weekly Update emails with families and staff and are copied here for quick reference.

MASKS OUTDOORS For the sake of everyone's safety, we ask our parents and students to please wear masks as you arrive and depart from school. While masks are not required outdoors when social distancing is in place, we also know that it is challenging to adhere to social distancing when seeing friends, neighbors, and classmates who we would like to engage in conversation with or walk home with. We appreciate your efforts in keeping everyone healthy so that we can continue to keep our school doors open. Thank you for your cooperation in wearing your face covering as a model to our students!

ABSENCE REPORTING On the homepage of the website, you will see a banner with dropdown menus that provide direct links to reporting both COVID and non-COVID related absences for your student's school. Please note the 12 potential symptoms of COVID: fever, chills, muscle or body aches, fatigue, congestion or runny nose, new loss of taste or smell, headache, sore throat, cough, shortness of breath, nausea or vomiting, abdominal pain, or diarrhea. Once you've determined whether your student is experiencing COVID-related symptoms or not, select your school in the respective drop-down menu and complete the form.

- **Students Experiencing Symptoms:** It's strongly recommended that all students with COVID-like symptoms be seen by their physician. If your child is experiencing any of the symptoms listed above, you must keep that child and all his/her siblings home until the child with symptoms has been cleared to return to school.
- **Close Contact:** For COVID-19, a close contact is defined as any individual who was within 6 feet of an infected (COVID positive) person for a cumulative total of 15 minutes, with or without a mask on, starting from 2 days before illness onset. If your child is identified as a close contact, you must keep that child home until 10 days have passed since the initial contact with the individual. A sibling(s) of a child who is identified as a close contact does not have to stay home unless: (1) they were also identified as close contacts or (2) any of your children are experiencing COVID-related symptoms.
- **Returning to School:** Students and siblings should remain home from school until they meet the return-to-school guidelines. All test results and physician notes should be submitted to your child's school nurse. For a list of school nurse email addresses, visit your school's webpage within d181.org.

HEALTH & SAFETY REMINDERS (CONT.)

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HOLIDAYS & TRAVELING

As you plan your festivities, please remember our common goal of keeping our community healthy. Below are a few reminders regarding gatherings and essential travel from the CDC and IDPH.

Holiday Gatherings - The Centers for Disease Control

The CDC offers the following considerations to help protect individuals and their families, friends, and communities from COVID-19 as they celebrate fall and winter holidays if they are hosting gatherings with those outside their household:

- Provide updated information to your guests about any COVID-19 safety guidelines and steps in place to prevent the spread of the virus.
- Provide or encourage attendees to bring supplies such as extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.
- Host outdoor activities rather than indoor activities as much as possible.
- Host activities with only people from your local area as much as possible.
- Limit numbers of attendees as much as possible.

Traveling - The Illinois Department of Public Health

If you must travel, attempt to travel during less crowded / lower demand travel times to reduce exposure.

- Always wear a mask and practice social distancing.
- Upon returning home, stay home if possible and monitor your health for 14 days. Symptoms to monitor for include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.
- The following reminders also still apply:
- Please do not send your children to school if they are experiencing any symptoms of illness.
- Remember to practice the simple precautions of washing your hands, wearing your mask, and watching your distance at all times.

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MASK TYPES

This is a reminder that masks with valves and gaiter (athletic-style) masks are not approved mask types per CDC guidelines. You can view more information about masks in our video at d181.org/reopening

FLU VACCINE

While it is not a part of the required list of vaccinations, the District is encouraging that students receive the flu vaccine this year to help stop the spread of illness and extended absences as we are still under COVID-19 restrictions.

Ensuring that people continue or start getting routine vaccinations during COVID-19 is essential for protecting communities from vaccine-preventable diseases and outbreaks. The American Academy of Pediatrics recommends that all children over 6 months of age get a yearly flu vaccine (ideally by the end of October).

To protect you and your child's health when getting a flu vaccine, please see the Center for Disease Control's recommendations for running essential errands and doctor visits.