COVID Exposure School Year 2024-2025

Our state and local public health officials closely monitor COVID-19 illness, and the risk of exposure will continue to increase at times in the district and school community. Families and staff are encouraged to watch for symptoms and follow-up according to public health guidelines.

WATCH FOR SYMPTOMS

Symptoms may appear as early as the day after exposure, or as late as 10 days after exposure. Common signs and symptoms of COVID-19 include:

- **Congestion or runny nose • Fever or chills**
- **Sore/scratchy throat • Headache, muscle, body aches**
- **Cough • Difficulty breathing * Fatigue • Nausea or vomiting**
- **New loss of taste, smell or appetite *Diarrhea**

- **The district is following COVID-19 guidelines** from MDPH/DESE K-12 Guidance.
- **Monitor your family for COVID symptoms**: listed above
- **Testing for COVID is recommended**:
  Free tests may be available at school health office and at some local Health Departments.

If you test positive, follow these guidelines:
https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-the-general-public

Plan if sick, for you or your student:

- **Stay home** until symptoms are greatly improved and fever free without use of fever reducing medication for 24 hours.
- Mask at school or work for an additional 5 days – **strongly recommended**
- Contact your primary care provider
- Keep in touch with your school nurse

SEEK EMERGENCY MEDICAL ATTENTION IF YOU HAVE:

• Trouble breathing • Inability to wake or stay awake
• Persistent chest pain or pressure • New confusion

For additional current information on COVID treatments and vaccine/booster information, visit: https://frcog.org/project/covid-19/ or your local board of health.

If you have questions regarding a return-to-school plan or obtaining test kits, please contact your building-based school nurse. Thank you as always for your communication with us.

Sincerely, GMRSD School Nurses

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Hillcrest Elementary School Nurse – **Tina Wenger** RN, BSN ph 413-863-2638
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Great Falls Middle School & Turners Falls High School Nurses –
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