

## 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
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- 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

Gill Elementary School Nurse - Carol Varner RN, BSN. NCSN ph 413-863-7458

Hillcrest Elementary School Nurse – **Tina Wenger** RN, BSN ph 413-863-2638

Sheffield Elementary School Nurse - **Billie Gammell**, RN, BSN ph 413-863-7441

Great Falls Middle School & Turners Falls High School Nurses –

**Beth Savidge**, RN, MSN 413-863-7313    **Lily Stafford**, RN, BSN 413-863-7219