



NEWS FROM THE NURSE'S OFFICE JANUARY, 7 2021

Update from the Dept. of Health:

TRAVEL: All travel to and from Vermont (includes NH) now requires quarantine. This includes shopping for non-essentials, dining at restaurants, etc. This includes day trips. The only exception is essential travel (travel for personal safety, health care, care of others, parental shared custody, for food, beverage or medicine, for students who commute daily to attend preK-12 school or college or a school-sponsored activity, or for work.) Vermonters should limit non-essential travel.

Vaccine Doses administered
in Vermont as of Jan. 7,
2021:
21.4K
1823 in Windsor County

Dear SES Families,

During our virtual staff meeting this week, the teachers reported that most students are participating and engaged in virtual learning. Both the staff and students are becoming more adept at using the virtual platform for teaching and learning! I know the staff, students, and parents are anxious to return to in-school instruction, enabling parents to return to work schedules fully and relinquish monitoring/supporting their children's virtual learning. I, too, am excited at school on Monday for exuberant children and their smiling faces!

To keep our school safe and prevent from having to return to virtual learning due to COVID-19 occurrence in school, it is important that families adhere to the Vermont state protocols for travel and gathering and continuing to social distance, wear face masks and frequent hand washing. In terms of building safety, the work will be completed by Monday with the updating of our school ventilation system to make it run more efficiently!

Understanding the social/emotional importance of holiday gatherings for families, Governor Scott modified the gathering mandate between December 23 and January 2 so that households were allowed to gather with one other trusted household. With a post-holiday rise in COVID-19 cases in Vermont along with a new, more contagious variant of COVID-19 spreading across the United States, in a press release, Governor Scott stated, "We have returned to the protocol that you may not gather with anyone you don't live with. If you have gathered with people you don't live with, you should quarantine. The Health Department strongly encourages getting tested as soon as possible and then again on day 7." Quarantining also applies if you traveled outside of Vermont. You need to quarantine for 14 days or quarantine 7 days and then get a PCR test and can end the quarantine with a negative test result or if you have remained symptom-free.

As scientists gather more data from community COVID testing, it is evident there is a higher incidence of asymptomatic COVID than previously thought. That is why testing is such an important tool to know the prevalence of COVID in communities and understand symptoms presentation of the virus. This is why Vermont has started monthly COVID surveillance testing for school staff. Fortunately, the occurrence in children remains low.



**Take care of your
emotional and mental
health**

If you or someone you know is in crisis or needs emotional support, help is available 24/7:

- Call your local mental health crisis line.
- Text VT to 741741 to talk with someone at the Crisis Text Line.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. For more info, visit healthvermont.gov/suicide.
- Get connected to Alcohol and Drug Support Services at VT Helplink.
- Get self-help tips and connect to mental health services at COVID Support VT.

If your child has or develops any of the following symptoms, please contact your pediatrician so they can set up testing. If, as an adult, you have any of these symptoms, before scheduling to be tested on your own, please contact your primary care provider (PCP), who will refer you to an appropriate site for testing and possible evaluation. If you don't have a PCP, then you can call 2-1-1, who will refer you for testing.

- Fever (100.4 F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Please let me or Principal Haley know ASAP if you :
are currently in isolation due to a COVID-19 infection;
are quarantining because of close exposure to someone with COVID-19;
have traveled outside of Vermont and have not yet completed your 14 days quarantine or 7 days and have had a COVID-19 negative test;
are waiting for testing results so accommodations can be made.
This information is kept confidential.
I'm looking forward to seeing the children on Monday!

Sincerely,

Nurse Jill