



## NEWS FROM THE NURSE'S OFFICE January, 14 2021

### Dear Families,

We're holding our own at SES despite all that is going on with the Omicron virus. Students are engaging in a mix of inside and outside activities. We have a great sledding hill which the children thoroughly enjoy. Unfortunately, with the icy conditions, I'm seeing some minor scrapes and bruises, which go with the territory.

On the pandemic front, on the upside, illness with the omicron variant appears to be more mild than previous variants and it has continued to hold true that vaccinated people infrequently need hospitalization. The incubation period also is shorter than previous variants. The most frequent (median) period from exposure to infection is three days, and because Omicron is so contagious, scientists feel we might move through this surge sometime in February. A vast majority of the SES staff are wearing KN95 facemasks at school, which appears so far to be working to protect us. I have had plenty of exposure from doing a lot of swabbing of students and staff and lots of testing on myself because of my exposure, and so far, I haven't contracted the Omicron virus.

On the downside, despite Omicron overall being milder because so many people are becoming infected, it's still overwhelming hospitals and healthcare treating patients. I am finding that if someone in a family is infected with Omicron, it tends to move through many of the family members despite if they're fully vaccinated. If your child is symptomatic, regardless of whether they are vaccinated or unvaccinated, please keep them home. Contact me, and we'll figure out the best way to manage their symptoms and test them.

Currently, we are using a hybrid protocol for the management of Omicron cases and exposure to it. We are primarily using antigen and Lamp (as accurate as PCR tests but results within 30 minutes) because of the quick turnaround time. Parents will be provided with test kits and will perform tests at home. Currently, there isn't an adequate supply of antigen test kits, and we have no supply of Lamp tests due to the demand on the supply chain. For now, we will be continuing in school "test to stay" for in-class exposure so long as we have a supply of antigen tests, but we have ceased doing contact tracing. If your child has been a close contact, they do not need to participate in "test to stay" if they are fully vaccinated for in-class exposure or quarantine if it's outside of school. If your child has been fully vaccinated and you haven't already sent me a screenshot of their vaccination card, please email it to me at [jlloyd@wrvsu.org](mailto:jlloyd@wrvsu.org) (I DO have a copy of everyone's card from the SES vaccination clinic). There are walk-in COVID vaccination clinics at the old JCPenney in West Lebanon for ages 5+ on Tuesdays & Thursdays 11 pm-6 pm through January.

*Nurse Jill*

