

November 8, 2020

Dear Parents and Staff:

The Clinton Public Schools received notification of a positive test result for a member of The Morgan School community. The affected person has been instructed to continue to remain home and isolate for 10 days from the date of the positive test.

In partnership with the CT River Area Health District (CRAHD), our local health district, contact tracing was conducted today and all individuals who were determined to be in close contact with the positive case have received a phone call and have been informed about required actions.

We continue to remind all students, staff, and parents that we need to work together to control the spread of COVID-19. Staff, students, or family members who exhibit any of the COVID-19 symptoms, or feeling ill, should call their medical provider to report their symptoms.

The District continues to immediately respond to notifications of positive cases of students or staff in the district, and to work closely with the CT River Area Health District to implement strong mitigation strategies in order to remain in our full, in-person model of learning.

If you have questions, please do not hesitate to contact me or our School Nurse Supervisor Donna Frechette at [dfrechette@clintonpublic.net](mailto:dfrechette@clintonpublic.net).

Sincerely,  
*Maryann R. O'Donnell*  
Superintendent

## REMINDERS FROM THE CT RIVER AREA HEALTH DISTRICT

### **Watch for symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 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
- Diarrhea

### **Know how it spreads**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

### **Everyone Should**

#### ***Wash your hands often***

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

#### ***Avoid close contact***

**Inside your home:** Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.

- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

***Cover your mouth and nose with a mask when around others***

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

***Cover coughs and sneezes***

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

***Clean and disinfect***

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.