

Health Room Memo

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First let me start by saying THANK YOU! Thank you to everyone for being so honest, vigilant and cautious with keeping your child(ren) home, picking up promptly and testing when warranted. It has been a different year for sure, but if we continue to work together the way we have, we can continue on our current path of no COVID cases.

As we approach the holiday season, travel is a big concern. The current list of states are listed on the following website. -<https://portal.ct.gov/Coronavirus/travel>. This list is updated every Tuesday and has a list of frequently asked questions as well. The current guidelines state travelers must self-quarantine for 14 days from when they were last in the affected state. You may "test out" of the quarantine, but it must be a PCR test and not a rapid test. Be aware that the results of a PCR test can take a few days and during that time, you must quarantine. There have been a few cases in town where families have traveled, returned and tested negative. Then on day 8,9,10, they began to have symptoms and subsequently tested positive. During the time they thought they were negative, they infected family members and members of the community. As a result, the town's plan is to require the 14 day quarantine or PCR test 5 days AFTER you return to the state, and we will follow the same guidelines at Saint Paul School. This means that during the time you are waiting to be tested and waiting for results, you MUST quarantine. Please consider all this when making travel plans. If you have specific travel questions, please feel free to email me.

On a separate note, I have noticed a lot of dry, cracked, itchy skin on the hands of all of our excellent hand washers. Applying a little lotion at night before bed will help. I have also noticed some of the elastic on the masks are starting to stretch out, causing them to slip down and sit right below the nose. Please check your child's mask and replace it as needed and please make sure they have an extra in their backpack.

If you have any questions, please let me know.

