

It has been determined that on September 00, your student Insert Name Here was a close contact to an individual positively identified as having COVID19.

- The date of known last exposure is September 00, 2020.

Consistent with the August 7, 2020 order by Missouri Department of Health and Senior Services, this form serves as notice to the local health authority, the student, and his/her family that the student is excluded from school and all school activities until the end of the day on: September 00, 2020.

- The return to school and school activities date is: September 00, 2020.
- During the timeframe of exclusion, School of the Osage school instruction will be provided to the student via the district's distance learning plan as delivered through the district's Canvas Learning Management System. All MSHSAA regulations are in effect during this timeframe.
- The student resides in Insert Name County.

The county has the authority to release this individual and change the return to school/school activities date. Unless notified in writing from the county health department in which the student resides, the date noted on this document is final.

SCHOOL POINT OF CONTACT: *Insert Name Here*

DISTRICT POINT OF CONTACT: *Mr. Bill Altermatt*

HEALTH DEPARTMENT CONTACTS:

Camden County - (573) 346-5479

Miller County - (573) 369-2359

Morgan County - (573) 378-5438

The health and safety of our students and employees is a top priority. We appreciate your patience and understanding as we continue to implement safety measures during the pandemic.

Glossary

Close Contacts are people that were within six feet for 15 minutes or more, or had more intimate contact such as hugging and sports. Close contacts are tracked from two days prior to the onset of symptoms of the positive case. School of the Osage utilizes seating charts, camera footage, and interviews with staff and students to assess.

Exclusion from School and School Activities: As directed by processes defined by local health authorities, the school notifies close contacts of persons with positive COVID19 cases that they are excluded from school and school activities pending quarantine ruling from the governing county. If the Local County Health authority deems fit, the exclusion from school can be ended or converted to a quarantine from the county. This step serves to mitigate spread throughout the entire school population.

Quarantine means that your child must stay home and can't go to school, games/practice, shopping, or anywhere except to their health care provider or pharmacist. Only the county health department issues quarantines. Other household members or contacts to your child are not quarantined unless specifically notified by the Local County Health Director or the school. Only your child must stay home. Your child may return to school after quarantine expires unless he/she develops symptoms. Anyone with symptoms should stay home and call his/her health care provider.

Symptoms of COVID-19 vary widely between people but may include fever, cough, or difficulty breathing. The most common symptoms we are seeing at this time mimic allergy symptoms, headache, sinus pressure, runny nose, fatigue. Some report occasional cough, and low-grade fever along with loss of taste and smell, some report nausea, vomiting and diarrhea.

Prevention: The virus spreads person-to-person mainly through close contact with someone who is infected. Some people without symptoms may still be able to spread the virus. The best way to prevent illness is to avoid exposure to the virus. Practice social distancing, cover nose and mouth when coughing/sneezing, wash hands frequently, wear a mask, and clean commonly touched surfaces routinely with an EPA approved disinfectant.

Masks: Masks are an important tool to reduce the spread of the virus. Wearing masks does not eliminate responsibility to quarantine, but reduces chances of getting infected. It is important for your child to wear a mask during quarantine if they must be near household members with a higher risk of complications to COVID-19. The consistent use of a face mask by the case and close contacts may be considered in determining the need for quarantine (PAGE 13 DESE Sept. 4).

Testing: If anyone develops symptoms, please contact your health care provider and consider getting tested. If one tests negative, it does not necessarily exclude responsibility to quarantine. The maximum incubation period for the virus is 14 days (hence quarantine period), so one could still have a positive test even on the 14th day after exposure. Many health care providers in our community offer testing.