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Jill Pompei, Principal

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Richmond Consolidated School

August 11, 2020

Dear RCS Community,

As you may know, the Baker-Polito Administration announced new COVID 19 public health guidelines on travel earlier this month. Despite our remote start, I still want you to be mindful of this changing order. It requires all visitors and returning residents to fill out a "Massachusetts Traveler Form" unless they are coming from a state that has been designated a lower risk COVID-19 state or fall into an exemption category. The travel order also provides that visitors and returning residents arriving in Massachusetts from any place other than a COVID-19 lower-risk state must quarantine for 14-days unless they can produce a negative COVID-19 test result administered on a sample taken not more than 72-hours prior to arriving in Massachusetts." Please see more details here: <https://www.mass.gov/info-details/covid-19-travel-order>

I know this was previously communicated in July, but I wanted to reiterate additional health reminders as you begin to think about preparing for the start of school; students entering Pre K, Kindergarten 4th grade, and 7th grade are required to submit a recent (within the past 12 months) physical exam and updated immunization record to the school health office. Please note, there is a new updated Meningococcal Conjugate vaccine for the school year for the 7th grade class. Those students with Immunization Exemptions must submit a letter or form annually to be in compliance with Massachusetts Public Health requirements. Students with chronic health issues, please update the school health office with current Emergency Action Plans, **as well as medication orders** for the 2020 2021 school year, should your student require any prescription medications to be administered at school.

Attached are some important resources you may find helpful in the event the situation is applicable to your family. They include information on how to self-quarantine and self isolate.

As always, please don't hesitate to contact us with any questions or concerns

Sincerely,

Jill Pompei, Principal and Cristina Lenfest, BSN, RN

Stay Home – Stay Safe
Coronavirus Disease (COVID-19)
How to Self-quarantine and Self-isolate

If you are not sick but are:

- a close contact to someone diagnosed with COVID-19, or
 - recently returned from any travel outside Massachusetts,
- please take these steps to help stop the spread of COVID-19.**

Self-quarantine: Separate yourself from others in case you get sick

1. Stay at home and use a separate bedroom and bathroom if possible.
2. Do your best to stay at least 6 feet away from other people in the house.
3. Do **not** leave your house to go to school, work or run errands.
4. Do **not** have any visitors to your house during this time.
5. Wash your hands frequently with soap and water for at least 20 seconds.
6. Do not share eating or drinking utensils with anybody.
7. Monitor your health every day.
8. If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
9. Do not take public transportation, taxis, or ride-shares to get to your appointment.

Monitor your health every day:

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to determine your last day of exposure:

Your last day of exposure is:

- The last time you were within 6 ft of someone confirmed to have COVID-19, or
- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished.

If you:

- get sick during self-quarantine, or
- are sick and a healthcare provider tests you for COVID-19, or
- are told by a healthcare provider that you have COVID-19,

take these steps to help stop the spread of COVID-19.

Self-isolation: Separate yourself from others to keep your germs from spreading

1. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and tell them if you have been exposed to COVID-19.
2. If you need see your healthcare provider, do **not** take public transportation, taxis, or ride-shares to get to your appointment.
3. Stay at home and use a separate bedroom and bathroom if possible.
4. Stay at least 6 feet away from other people in the house.
5. Do **not** leave your house to go to school, work or run errands.
6. Do **not** have any visitors to your house during this time.
7. Wash your hands frequently with soap and water for at least 20 seconds.
8. Do not share eating or drinking utensils with anybody.
9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
10. Clean surfaces that you touch every day with a household disinfectant.
11. Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to self-quarantine.

If you have a medical emergency, call 911. Tell them your symptoms and that you have, or may have, COVID-19.

How long do you need to isolate?

For most people who have relatively mild illness, you will need to stay in self-isolation for at least 7 days. You can resume public activities once you have:

- gone for three days without a fever (and without taking fever-reducing medications like Tylenol), and
- experienced improvement in your other symptoms (for example, your cough has gotten much better).

More information about how to self-isolate is available on the [CDC website](#)

If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.