

COVID-19 UPDATE FOR JANUARY 7

Principal John Dols | dolsj@hfchs.org

Happy First week of the second semester! I understand keeping up with protocols for Covid-19 can be challenging, so I would like to share some updates and reminders through a weekly message. **Our goal remains to stay in person in school for the rest of the year.**

NEW NURSE

Nurse Anna left the District for a new opportunity. We wish her well and thank her for her time! The job has not been easy this year.

We are excited to welcome her replacement, Nurse Sarah (Rataczak). Someone familiar to Holy Family! If you need to contact Nurse Sarah, the email is still- nurse@hfchs.org.

REPORTING STUDENT ILLNESS

Please report all student absences to Ms. Brenner in the school office as soon as you are aware your child will not be in school. You can either call (952) 443-4659 or send an email to schooloffice@hfchs.org. If your son/daughter is an online student, we still need you to report that they will not be present in class.

When you report a student's illness and absence, please remember to include **a list of your son/daughter's symptoms**; otherwise, our nurse will have to follow up to determine the symptoms. Please help her out by providing those symptoms at the time of your report.

For students who attended school in person before becoming ill, **please report their absence, symptoms, and if they are well enough to participate in online classes**. Teachers will take attendance and report them as present online when they join the class virtually.

COVID ILLNESSES & QUARANTINE

If your son/daughter gets a positive COVID test, please let Nurse Sarah or John Dols know. We will follow up to see if we need to quarantine people because of exposure.

Do not assume that the Minnesota Department of Health will inform us- they are usually two weeks behind.

Catching COVID illness early and isolating students, AND quarantining other exposed students continues to be our best bet in keeping our school community safe and our numbers low. Low internal numbers are the best way to keep us in person for the rest of the year!!!

UPDATED QUARANTINE INFORMATION

Holy Family has adopted the CDC recommendations for quarantining. This means:

1. **If your child is exposed**, they must quarantine for 7 days with a negative COVID test taken 5 days after exposure and no symptoms (major or minor) OR 10 days after exposure with no symptoms (major or minor). If you would like to have the shortened quarantine for your son/daughter, you must reach out to Nurse Sarah. She has a contract for you to sign.
2. **If someone in your household is COVID positive**, then you must quarantine for 14 days, no exceptions.
3. **If a person who has symptoms receives a positive test result**, they must stay at home and away from others (isolation) as much as possible until all three of these things are true: 1) They feel better (symptoms have improved), and; 2) It has been 10 days since they first felt sick (or since they were tested if no symptoms), and; 3) They have had no fever for at least 24 hours, without using medicine that lowers fevers.

MASK UP, SOCIAL DISTANCE, WASH YOUR HANDS, AND KEEP YOUR CIRCLES SMALL

Follow these recommended protocols while inside and outside of the school building, and we have a great chance at continuing the success we have been experiencing! **Thanks for your cooperation in helping #HFSTAYHEALTHY and on-campus! GO FIRE!**