

GRAND ISLE SUPERVISORY UNION

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6 January 2022

Dear GISU Learning Community:

We learned that a member of the Alburgh learning community has a positive case of Covid-19. Thank you for understanding that, due to medical privacy laws, we are not able to release the name of the individual with COVID-19. We ask for compassion and sensitivity for all those involved. We are closely monitoring this situation and will provide you with updated information as it becomes available.

We have contacted anyone we believe was a close contact. [Close contact](#) means being within six feet, or two meters, for a total of 15 minutes or more over a 24-hour period while the person was infectious. A person's infectious period starts two days before any symptoms began (or for people without any symptoms, two days before the day they got tested) and continues until they are recovered.

The most important things you can do:

- Make sure your child is wearing [a mask](#) when recommended or required.
- Make sure your child is [washing their hands](#).
- Keep your child home if they are sick.
- Call your primary care provider if you or your child has [symptoms of COVID-19](#).
- Make sure that your children get vaccinated when they are eligible. [Find a location near you](#).

People who may have been exposed have been notified:

Anyone who is not fully vaccinated and was in [Close contact](#) with the person who tested positive may have been exposed to the virus and was asked to quarantine, which means staying home and away from other people for up to 10 days. Read more about [what it means to quarantine](#).

Anyone who is fully vaccinated or has recovered from COVID-19 within the past 3 months and was in close contact with the person who tested positive does not need to quarantine unless they develop symptoms.

Supporting our learning community

In order to maintain everyone's privacy, we cannot disclose who in our community has tested positive. Remember that we are all at risk of getting this virus. These "COVID-19 cases" are our friends and family, and we need to be understanding and supportive. People with COVID-19 often experience uncomfortable symptoms and emotional stress. Instead of participating in speculation or gossip, offer to help community members who are affected by quarantine. With creative action from all of us, we will get through this period of anxiety and disruption. We thank you for your investment in the health and wellbeing of our school community.

What is COVID-19?

A coronavirus that causes COVID-19, which is an illness that was discovered in 2019. Coronaviruses are a type of virus that are named for the crown-like spikes on their surface. There are many kinds of coronaviruses including some that cause respiratory illnesses, like the common cold. The specific symptoms of COVID-19 include:

- 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

How does COVID-19 spread?

COVID-19 spreads when a person infected with COVID-19 breathes out droplets and very small particles that contain the virus when they cough, sneeze, sing, talk, or breathe. People who are closer than 6 feet (or 2 meters) from the person with COVID-19 are most likely to get infected. You can get COVID-19 if these droplets or particles are breathed in, land on your eyes nose or mouth, or get on your hands, and then you touch your eyes, nose or mouth.

Vaccines are the best way to protect your child against COVID-19. When your child is fully vaccinated, they are much less likely to get sick and less likely to spread the virus to others. Everyone who is eligible for the COVID-19 vaccine should get vaccinated. It's free, quick and easy. Talk with your child's health care provider if you have questions or find a vaccine site near you at healthvermont.gov/MyVaccine. Everyone, including children who can't be vaccinated, can take prevention steps to protect themselves and others. Learn more at healthvermont.gov/StaySafeVT.

How can parents and guardians help prevent COVID-19 from spreading?

- If your child is sick, keep them home.
- Make sure members of your household wash their hands often using soap and water for 20 seconds.
- Make sure every member of your household covers their coughs and sneezes with a tissue or their elbow, and then washes their hands afterwards.
- Wear a mask in public when you cannot stay 6 feet apart from other people.

We are working with the Health Department to keep our community safe.

- We are working closely with the Health Department and following their recommendations to keep our community safe.
- We will clean and disinfect the Folsom School per the Health Department guidance.
- Sick employees and children will not return to work until they are healthy.

Learn more about [getting tested in Vermont](#).

We will continue to communicate changes and updates with you. With your participation, we believe we can create a safe and fun experience for your children.

If you have any questions, please feel free to reach out to Beth Hemingway, Alburgh Principal, Kristie Barber, GISU District Nurse and Covid Coordinator, or Michael Clark, GISU Superintendent at any time.

Sincerely,

Michael J. Clark

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GISU Superintendent

Beth Hemingway

Beth Hemingway

Alburgh Principal

Kristie Barber

Kristie Barber

GISU District Nurse