



December 08, 2020

Dear St. Francis de Sales School Families:

This morning we received a press release from the LMAS District Health Department regarding new quarantine guidelines that were updated by the Centers for Disease Control and Prevention (CDC). The release, in part, states, "On Wednesday, December 2, 2020, the CDC presented scientific findings describing options to reduce the required number of quarantine days for individuals with known exposure to a confirmed COVID-19 case. The existing fourteen-day recommendation was based on early data that estimated the COVID-19 incubation period. Data from [the national level] indicate that 99% of all infections will present within ten days of exposure.

While the standard fourteen-day quarantine period remains, individuals have an opportunity to reduce that to ten days provided **only if the following criteria are met:**

- The individual does not develop any symptoms or clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after the last exposure; and,
- Daily symptom monitoring continues through day 14 after the last exposure.

Based on individual assessment, LMAS District Health Department may continue to require individuals to quarantine for the full 14 days per existing CDC recommendations."

This information could be vital if you, or a loved one, is required to quarantine in the near future. Please remember that symptoms of COVID-19 include, but are not limited to, fever, cough, headache and shortness of breath. If you or any member of your family exhibit these symptoms, please contact your medical provider for advice immediately and do not send your child(ren) to school. You may send your child(ren) to school after your medical provider has provided guidance.

The CDC recommends the following best practices to help prevent the spread of this global pandemic:

- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid close contact with those who are sick.
- Cover your coughs and sneezes with a tissue or your sleeve.
- Avoid touching your eyes, mouth and nose.
- Disinfect frequently touched surfaces and objects.
- Stay at home, if possible.
- If you must go out, practice social distancing, leaving at least six feet between you and other people.

God bless,

Don Erickson
Principal