

11/18/2020

Dear Parent/Guardian at Richardton – Taylor Public Schools:

Someone with COVID-19 has been reported in your child's school (to include classroom or extracurricular activities). Your child has been identified as a close contact (within six feet for a cumulative 15 minutes or more) to the individual with COVID-19. Both the positive and close contacts **were wearing masks**, which means your child should self-monitor at home and in school for 14 days since the last exposure of the positive case and will be doing self-monitoring on 12/1/2020.

This means your child is at lower risk for COVID-19 infection, but parents should still be aware of the signs and symptoms of COVID-19 infection and what to do if your child gets sick. If your child currently has symptoms or develops symptoms of COVID-19, please contact your child's healthcare provider who may evaluate them for COVID-19.

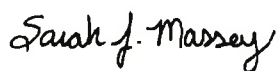
COVID-19 is a contagious disease that mainly spreads when an infected person coughs or sneezes. Common symptoms of COVID-19 are fever and cough. Some individuals may also experience shortness of breath, runny nose, fatigue, sore throat, body aches, headache, chills, loss of taste/smell or gastrointestinal symptoms. Symptoms can vary by person and range from very mild symptoms to severe illness. The disease is most severe in elderly and individuals with serious chronic medical conditions.

Please consider the following North Dakota Department of Health recommendations to prevent spread of COVID-19:

- wash hands often with soap and water for at least 20 seconds;
- avoid touching eyes, nose and mouth with unwashed hands;
- cover coughs and sneezes with a tissue and throw it away;
- if older than two, wear a cloth face mask;
- clean and disinfect frequently touched surfaces/objects regularly;
- get plenty of rest, drink fluids, and eat healthy foods;
- avoid close contact with people who are sick;
- stay home when you are sick;
- and consider after 7-10 days of last exposure, getting your child tested for COVID-19

Please see the [factsheet for people who are contacts to someone with COVID-19](#). Contact the ND Hotline at 1-866-207-2880 with any additional questions or concerns about COVID-19.

Sincerely,



Sarah J. Massey, School Health Specialist  
North Dakota Department of Health