

How can you help us slow the spread of COVID-19 at Valwood School?

As members of the Valwood Family, we will depend on each other to follow generally endorsed guidelines both on and off campus. Not being diligent in our personal lives could put members of our school community at risk. Below is a summary of current CDC guidelines and recommendations as we begin our school year.

Ways you can help us while off of campus:

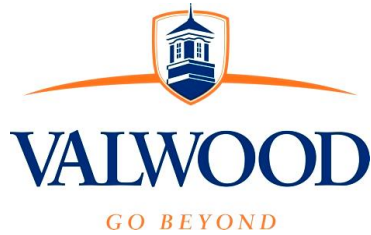
- wear a mask in public spaces
- social distance whenever possible
- limit travel and exposure to others outside of your normal contacts
- if someone in your home is sick, avoid contact if at all possible
 - wear a mask at home if you cannot distance
- clean and disinfect frequently touched surfaces in your car and home
- monitor household members daily for signs of illness or possibility of exposure
- label masks for your students to limit mix ups

Each day, before arriving on campus:

- check for signs of illness such as:
 - fever greater than 100.4
 - sore throat
 - headache
 - nausea
 - diarrhea
 - cough
 - body aches
- if there are any concerns, please remain home and notify the school
- if Covid-19 exposure is possible please remain home and utilize the virtual option until outside the window of quarantine

What to do in the event of exposure or illness (Follow guidelines below and utilize our virtual option):

- I think I had or know I had Covid-19:
 - You may return to school 10 days from the first day of symptoms AND when fever free and much improved for a minimum of 24 hours. (remember testing has been shown to remain positive in some patients for several weeks so a negative test is not necessary)
- I had a positive test but no symptoms:
 - You may return to school 10 days from the test date.
- I was exposed:
 - You may return to school 14 days from the date of known exposure if you never had symptoms. If you develop symptoms within that 14 day period, follow the guidelines above.



- I was exposed but my test is negative:
 - You should still remain home for the full 14 days from the date of exposure regardless of a negative test.

What is a close contact?

- The CDC has given the guidelines below, but we ask that you also use your best judgement and err on the side of caution:
 - Within 6 feet for more than 15 minutes
 - You are caring for a person who is ill
 - You have had direct contact with a person who is ill such as touching, sharing food or drink, hugging or kissing, or that person coughed or sneezed around you.

One final and important recommendation: Please get your influenza vaccination this fall to minimize risk of seasonal flu!

Valwood School will continue to modify our recommendations, as the CDC and GPH modify guidelines based on the most current information. Working together we can and will get through this challenging time.

Thank you for your trust in Valwood School.

Go Valiants!