COVID-19 Illness Notification Recommendations

The verbiage below can be used to notify parents of *three or more cases of COVID-19 in a classroom*. Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Coronavirus.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

Several students in your child's classroom have been diagnosed with COVID-19.

About COVID-19:
COVID-19 is an illness caused by the SARS-CoV-2 virus. COVID-19 spreads when an infected person breathes out droplets that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, the droplets may contaminate surfaces they touch.

Symptoms of COVID-19 can vary widely. Common symptoms include fever or chills, cough, shortness of breath, fatigue, new loss of taste or smell, and sore throat. Most individuals have mild symptoms, but some become very sick.

Next Steps for Your Family:
Monitor your child for symptoms for the next 14 days. Seek treatment from a healthcare provider if your child has any symptoms.

Individuals that have COVID-19 can return to normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication)

Tips to Protect Yourself and Others from COVID-19:

- Stay up to date with immunizations.
- Practice good hand hygiene. Wash hands with soap and water for at least 20 seconds, especially after using the bathroom.
- Take steps for cleaner air; examples include bringing in fresh outside air, purifying indoor air, or gathering outdoors.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
- Wash clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric item. Dry items completely.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your health care provider or Livingston County Health Department at 517-546-6882.