



## Important message from our

Firstly, the Morgan County School Nurses want to say “welcome back” to full time learning! We would like to take a few moments to remind both staff and students the tips to stay healthy and remind everyone to continue following guidelines to protect ourselves from Covid-19 as we head back to school full-time.

Cases seem to be trending downward currently, as our county heads back to green. Our school nurses continue to work with the lead nurse and the Berkeley-Morgan County Health Department to identify outbreaks and provide guidance for our staff, students, schools and community. We ask that you please continue to follow these recommended practices:

- Social distancing- limit time spent within 6 feet of someone to less than 15 minutes when possible.
- Wear a facemask at all times.
- Use frequent and good handwashing.
- Clean commonly touched areas frequently.
- Please stay home if you have two or more of the following symptoms or they are accompanied by a fever:
  - Sinus symptoms
  - Headaches
  - Chills
  - Body aches
  - Sore throat
- Please stay home if you have one of the following symptoms:
  - Fever greater than 100
  - New onset of cough or shortness of breath
  - Loss of taste or smell
  - If you have been exposed to someone with Covid 19 or suspected Covid or are on quarantine for exposure

If you know or believe, you or your child has had a possible exposure to someone with Covid-19 or are showing any symptoms of Covid-19 please keep him or her home and notify the school nurse. Our best defense is to protect each other, as we transition back to in school learning by following the guidelines and staying home when sick. The nurses are glad you’re back and want you to know we are available to assist you with questions, needs or referrals to information and support services.