

COLCHESTER SCHOOL DISTRICT

# Health Information for the School Year



2022

2023

VERSION CURRENT AS OF AUGUST 2022



# WHAT TO EXPECT THIS SCHOOL YEAR

## MESSAGE FROM THE SUPERINTENDENT

The Agency of Education and the Department of Health released a memo detailing expectations that school districts should follow. As noted in the memo, COVID-19 will continue to be part of our lives and how we respond to it will evolve, flex and change.

These expectations will help keep school communities healthy while also allowing us to resume some normal, pre-pandemic routines and activities. This guide will outline how you can help keep Colchester schools healthy.

I would like to thank our incredible community for your continued support over the past three years as we've navigated numerous phases and stages of this pandemic. We are ready and prepared for the year ahead and cannot wait to welcome your student.



Superintendent of Schools



# HEALTH & SAFETY

The State is moving away from testing as a first-line strategy and asking schools to prioritize their sickness policies.



## IF YOU SEND YOUR CHILD TO SCHOOL, WE ASSUME...

As a district, we will assume that every child who boards a bus or enters a school building is feeling well enough to engage in school.



## STAY HOME WHEN SICK

Students and staff who are sick should stay home.

This is an important prevention measure. If a student or staff member is not well enough to learn or participate, regardless of whether they are tested for COVID-19, they will be sent home from school.

Families are asked to keep their child home if they display any of the following conditions:

- Fever above 100° in the last 24 hours
- Vomiting or diarrhea in the last 24 hours
- Unexpected rash
- Cough that does not stop
- Contagious infection requiring antibiotics until treated for 24 hours



# Testing

You can protect others by getting tested if you have COVID-19 symptoms.

Free COVID tests are available at each school in the nurses' office. If a staff member or child is experiencing symptoms at school, they will have the option to test in the health office or take a test home. Testing is not required to attend school.

More information and options to get free tests can be found at [covid.gov/tests](https://covid.gov/tests)

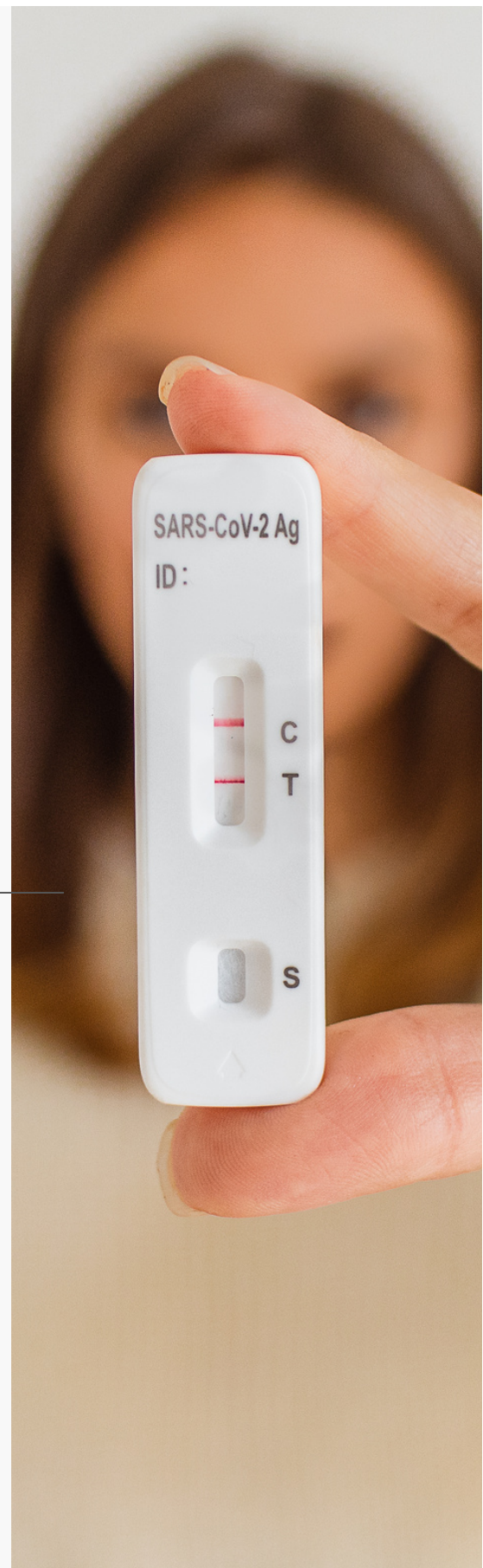
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# Positive

Those who test positive for COVID-19 should follow the isolation guidance listed at: [www.healthvermont.gov/covid19](https://www.healthvermont.gov/covid19).

Please also notify your school nurse.



# PREVENTION STEPS



## Vaccination

Vermonters ages 6 months and up can now get vaccinated. COVID-19 vaccines help your body develop protection from the virus that causes COVID-19. Although vaccinated people sometimes get infected with the virus that causes COVID-19, [staying up to date on COVID-19 vaccines](#) significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.



## Hygiene Habits

You can protect others by making sure you are practicing healthy habits like washing your hands and covering your cough. These actions can keep you healthy and prevent the spread of germs. Germs can spread from person to person when coughing or from surfaces to people when you touch your eyes, nose, and mouth with unwashed hands.



## Mask Wearing

[Wearing a mask](#) helps protect you and the people around you from getting or spreading COVID-19. While masking is no longer mandatory in Vermont or at school, some people may choose to continue wearing masks.



## Staying Home

Whether you have symptoms of COVID-19 or another contagious illness, please stay home if you are sick and call your health care provider if needed. This helps keep germs from spreading, protects those who may be at risk of serious illness, and gives you a chance to get well.



# Important Links

- [www.csdvt.org](http://www.csdvt.org)
- [www.healthvermont.gov/covid19](http://www.healthvermont.gov/covid19)
- [www.cdc.gov/covid](http://www.cdc.gov/covid)
- [www.education.vermont.gov/covid-19](http://www.education.vermont.gov/covid-19)

