



# Colchester School District

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October 15, 2020

Dear CSD Community,

This letter is to inform you that the district was notified today of a Colchester High School student who has tested positive for COVID-19. The student attends one of our many outside programs and had very little interaction in the physical building of the high school. In consultation with the Vermont Department of Health, Colchester High School will be open tomorrow Friday, October 16, 2020.

It is the Department of Health that identifies those who may have been exposed to the virus. **After speaking with them, we are confident that any close contacts have already been identified and communicated with directly.** Close contacts are defined as within six feet of the individual for more than 15 minutes.

Anyone identified as a close contact would receive a call from the Department of Health. If you did not receive a call from the Department of Health but have concerns around exposure, you can contact them directly at (802) 863-7240. Any individual infected with COVID-19 will not return to school until they are healthy. Learn more about [getting tested in Vermont](#).

We recognize that open communication is vital and we are committed to providing our community with accurate and up-to-date information, while also adhering to laws that prohibit the release of confidential information and protect the privacy of our students and staff. Thank you for understanding and supporting our close-knit community.

We will continue to work with the Department of Health to keep our community safe and we recommend that everyone takes action to help limit the spread of COVID-19, even if your child is not experiencing symptoms. We have included some information on how to do that below.

If you have any questions, please feel free to reach out to District Nursing Supervisor, Deborah Deschamps, MSN/RN at [deborah.deschamps@colchestersd.org](mailto:deborah.deschamps@colchestersd.org).

Colchester School District

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**Amy Minor**  
Superintendent  
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Manager

**Carrie Lutz**  
Director of Student  
Support Services

**Gwendolyn Carmolli**  
Director of Curriculum  
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### **The most important things you can do:**

- Make sure your child is wearing [a mask](#).
- Make sure your child is [washing their hands](#).
- Keep your child home if they are sick.
- Call your primary care provider if you or your child has symptoms [of COVID-19](#).

### **What is COVID-19?**

A new coronavirus causes COVID-19, which is an illness that was discovered in 2019. Coronaviruses are a type of virus that are named for the crown-like spikes on their surface. There are many kinds of coronaviruses including some that cause respiratory illnesses, like the common cold. The specific symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **How does COVID-19 spread?**

COVID-19 spreads mainly from having close contact with someone who has a COVID-19 infection. The virus is thought to spread by droplets from person to person when they speak, cough, or sneeze. Droplets travel less than 6 feet. When droplets from another person get in your mouth or nose you can inhale into your lungs. This virus can be spread by people without symptoms.

### **How can parents and guardians help prevent COVID-19 from spreading?**

- If your child is sick, keep them home.
- Make sure members of your household wash their hands often using soap and water for 20 seconds.
- Make sure every member of your household covers their coughs and sneezes with a tissue or their elbow, and then washes their hands afterward.
- Wear a mask in public when you cannot stay 6 feet apart from other people.