

Dear Parent or Guardian,

We want to inform you that someone in our childcare center/school has tested positive for COVID-19. The illness can be contagious two days before symptoms appear and up to 10 days (about a week and a half) after symptoms started.

*If your child becomes ill, please notify the school and keep your child at home until symptoms are improving AND they have been fever-free for 24 hours (without using fever-reducing medication). The school may recommend staying home longer depending on illness rates in the community.*

To help prevent the spread of COVID-19, we urge you and your child to follow these steps:

- Watch for any symptoms of COVID-19 such as cough, body aches, shortness of breath, fever, congestion/runny nose, sore throat, unusual fatigue, chills, or new loss of taste or smell. These symptoms would typically appear within 10 days of exposure.
- Stay home when sick.
- Get vaccinated: COVID-19 vaccines are safe and effective for individuals aged 6 months and older. It is especially recommended for those with medical conditions, pregnant women, those 65 and older, and those at high risk of severe complications.
- Wash your hands frequently with soap and warm water, especially before eating.
- Wear a mask around others, even if feeling healthy, especially in crowds or when around people who are at increased risk of severe illness.

If you have any questions about COVID-19, please talk to your healthcare provider or contact the Spokane Regional Health District's Disease Prevention and Response division at 509.324.1442.

Sincerely,