



RE: COVID19 Close Contact Notification

Dear parent/guardian of _____

The child listed above was in close contact with another person in the school who was recently diagnosed with COVID-19. **DO NOT** send your child to school tomorrow.

Keep your child home to [self-quarantine](#) for 14 days.

- Self-quarantine means:
 - Staying home for 14 days after the last contact with a person who has COVID-19.
 - Watch for fever (100.4°F), cough, shortness of breath, or other [symptoms of COVID-19](#).
 - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
 - Wear a mask when the need to be around people is unavoidable (doctor visits, in-home interactions).

Call your health provider if your child develops any symptoms and get a COVID-19 test. **Call 911** if [severe symptoms](#) develop, including trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

People with COVID-19 can still spread the virus even if they don't have any symptoms. Staying home and away from others helps the Health Department in the fight against COVID-19 and helps protect you, your family, your school, and your community.

If you have questions or concerns, don't hesitate to contact us!

Sincerely,

Principal/School Nurse

Phone Number

Date



Anchorage School District
Educating All Students for Success in Life

FAQs

Does the rest of my household need to quarantine or get tested?

- No. Only the person who was a close contact with the positive case needs to quarantine.

Can the student's sibling go to school?

- Yes.

Who was the person? What was the exposure?

- For privacy reasons, we cannot share any details other than that your child and all others who were in contact with the positive case need to be quarantined for 14 days.

The student needs to do sports/activity outside the home. Can they do that?

- The student may not leave your home for any reason for the next 14 days, except to seek medical care for COVID-19 or to go outside for exercise if they can remain 10 feet away from others.

What if the student gets sick/sicker?

- Call the student's doctor for advice. Do not go to the doctor's office before calling, they need to know that the student is under quarantine so they can prepare. If the student has emergency symptoms like difficulty breathing, turning blue, seeming confused or passing out, call 911.