

9/17/21

Dear Parent or Guardian,

Sturgis Elementary has continued to have some positive cases of Covid- 19 this week. Based on numbers this week, we will maintain Phase I (green) status. In the event of an increase in our numbers of Covid positive cases, we may move to Phase 2 (white) status where masks are **recommended** when social distancing isn't available. I will continue to communicate with as necessary regarding Covid 19 updates.

Symptoms of COVID-19 include:

Fever or chills · Difficulty breathing · Headache · Congestion or runny nose

Cough · Fatigue · Loss of taste or smell · Nausea or vomiting

Shortness of breath · Muscle or body aches · Sore throat · Diarrhea

Recommendations:

1. Be watchful for symptoms suggestive of COVID-19 illness
2. Take precautions to avoid illness, including:
3. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
4. Cover your mouth and nose with a cloth face cover when around others
5. Avoid close contact with people who are sick
6. Refrain from touching your eyes, nose, and mouth
7. Cover your coughs and sneezes with a tissue
8. Clean frequently touched surfaces and objects
9. Individuals at higher risk for severe COVID-19 illness, such as older adults or people who have chronic medical conditions like heart, lung, or kidney disease, should take actions to reduce your risk of exposure (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>)

Thank you,

Chantal Ligtenberg

Sturgis Elementary Principal