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DCRSD Health and Wellness Update 02.12.2021

Dudley-Charlton Regional School District <notifications@dcrsd.org>
To: Dudley-Charlton Regional School District <notifications@dcrsd.org>

Fri, Feb 12, 2021 at 6:00 PM

Dear DCRSD Staff and Families,

Covid-19 has been challenging us in ways that we could never have imagined. Our families, students, teachers, staff and administration have had to adapt to rapidly changing circumstances. Along the way we have learned, at a whole new level, what it means to be part of a team. This has not been easy, but our collaborative efforts have proved that we are indeed resilient! Well done!

I have been assigned as the District-wide Covid Coordinator. Part of this role includes keeping our community informed about guideline and protocol changes that take place as state and local information evolves. My goal is to update our Covid Communications found on our districts website to include these changes. The site will provide a dashboard, with information and specific protocols about how we handle Covid scenarios, some quick references about questions you may have, and some resources for you to explore for yourself and your child/children. My hope is that it will be available upon return from vacation. That said, I wanted to share with you some information and reminders before vacation. Mitigation has been successful in our schools, let's all continue to do our part and stay the course.

Vacation is typically a time when you gather with close family and friends. After nearly a year of maintaining social distancing and trying to keep our families safe, missing out on our traditional way of life can feel like it's getting old. As we consider the toll that this disease has played on our lives, it can be hard for us to realize that for some, the severity of the effects of Covid-19 has not necessarily changed. Because of this, acting cautiously and conservatively is still so very important. When planning activities with your family, consider outdoor activities and situations where you have more control over how you can maintain proper mitigation strategies.

If you are planning to travel outside of Massachusetts over vacation, please contact your school nurse before returning to school. Our nurses have done an outstanding job assisting staff and families with Covid-19 protocols. They should be your first contact if you suspect you or your child has Covid-19, or is considered a close contact. If you have any questions surrounding our protocols, or need to speak with someone over vacation please contact me.

Our district follows the Massachusetts Covid-19 Travel Order ["COVID-19 Travel Order,"](#) which states : All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to either quarantine for 10 days or produce a negative **COVID-19 PCR** test result that has been administered up to 72 hours prior to your arrival to Massachusetts. You may obtain a test at your own expense after your arrival in Massachusetts but you **MUST** quarantine until you obtain a negative result. **If you are wondering where you can get a PCR test in MA check out this site:**

[Regional Express COVID-19 Testing Sites in Massachusetts](#)

To locate sites across the country:

[Get Tested COVID-19: Search COVID-19 Test Centers By Zipcode](#)

If your COVID-19 result has not been received prior to arrival, visitors, and residents must quarantine until they receive a negative test result.

Children under 10 should follow what the adults in their household are following. For example, if the adults test and are negative, then the younger children can be considered to be negative and can leave their quarantine. If the adults go through the full 10 day quarantine, then the children need to do the same. Everyone needs to quarantine until they receive the test results.

If you do travel, here are some helpful tips on the CDC website to consider.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#:~:text=Delay%20travel%20and%20stay%20home.,getting%20and%20spreading%20COVID%2D19.>

At this point in our Covid world, masks come in every size, shape and color. Since masks are one of our greatest defenses against airborne COVID-19 particles, it is important to ensure they are a good fit for you and your family members. Masks should adequately cover both the nose and mouth. If your child is constantly having to adjust their mask, try a different style. Remind your child that if they do touch their mask, they should wash their hands or use hand sanitizer each time. This link is from the CDC and will answer any mask questions you may have. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Finally, I just want to express my greatest appreciation for your efforts in cooperatively playing your part to help minimize the impact of Covid in our schools, it takes a village, and I am quite proud to be a part of this one! It is our collective efforts that have kept us safe thus far. As we prepare for a transition to full in-person for 5 half days, please know that we will continue to do everything we can to keep our community safe.

Enjoy your vacation and stay well.

Yours in Health,

Anne Marie DeMorris

District-wide COVID-19 Coordinator

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