

Freeman Families:

We are excited to have students back in the building for the 2021-22 school year! Mrs. Stanley and I want to take a moment to update families on guidance related to COVID-19 and school. We will continue to work with our local health department, Public Health Solutions (PHS), with the ultimate goal of keeping our kids in school. Please understand that this guidance may change depending on guidance we receive from PHS or case count data.

Freeman's 2021-2022 Safe Return Plan: <https://freemanpublicschools.org/wp-content/uploads/2021/08/Safe-Return-Plan-21-22-DRAFT2.pdf>

- This plan will be updated if needed when new communication is sent out to families.

COVID-19 Dashboard: <https://freemanpublicschools.org/covid-19-coronavirus-information/>

- This webpage will provide updated positive case data to our families.

In the past week, we have been notified of positive cases in our community and throughout Gage County. Our primary concern is keeping kids in school to learn and participate in activities. We understand the strain it puts on students, staff, and families when kids are not in school. Please consider the following when preparing for the school year:

- Non-pharmaceutical interventions (NPIs) can serve as extra layers of protection against the spread of the COVID-19 virus. NPIs include:
 - Staying home when you are sick
 - Wearing face coverings
 - Washing hands
 - Disinfecting high-touch areas
- Freeman Public Schools strongly recommends students and staff, especially those not vaccinated, to follow these NPIs when they are indoors and unable to socially distance. This includes a recommendation to wear face coverings. These are available in the elementary and secondary offices if students are unable to provide one.
- If you or your children are interested in learning about how to obtain a COVID-19 vaccine, please contact Ms. Stanley and she can provide that information.

COVID exposures (Self-Monitoring)

At this time, the guidelines for COVID-19 exposure do not recommend quarantining those students and staff that are exposed. They do require closely self-monitoring for signs/symptoms of COVID-19 for 14 days. Symptoms include:

One or more of the following:

- Sudden onset of cough

- Sudden onset of shortness of breath
- Sudden loss of taste or smell

Two or more of the following:

- Fever or 100.4 or above
- Chills
- Extreme fatigue
- Muscle or body aches
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea

These symptoms, individually, can also be signs of other illnesses or conditions. If you develop one or more of these symptoms, especially in combination, please begin isolation precautions, contact your healthcare provider, and notify the school.

At this time, face coverings are not required to be worn during this self-monitoring period. However, we do strongly recommend students and staff that have been exposed to wear face coverings to limit transmission.

Immediate Household Members/Siblings

Freeman Public Schools recommends that students who are exposed to immediate family members that test positive for COVID-19 follow these additional precautions:

- Please consider keeping school-age children/siblings home through the family member's infectious period
- If families are unable to keep siblings at home, we strongly recommend masks are worn while at school to limit further transmission

Symptomatic but not tested:

Students and staff who develop one or more of the symptoms listed above, especially in combination, should immediately begin isolation precautions, contact your healthcare provider, and notify the school.

Isolation shall continue until:

- At least ten (10) days have passed since onset of symptoms AND
- Symptoms have improved AND
- The isolated individual has been fever-free for at least 24 hours without the use of fever reducing medication

Positive Cases:

For individuals who tested positive for COVID-19 and do NOT have symptoms may discontinue isolation under the following conditions:

- At least ten (10) days have passed since the date of their 1st positive test AND

- Have had no symptom development AND
- For 3 days following discontinuation of isolation, these people must continue to limit contact and when possible wear a face covering.

Please note: The day of symptom onset or a positive test will count as Day 0 of isolation.

We understand this is quite a bit of information to process. Our overall goal is to keep kids in school. If you have any questions, please reach out to Sherri or myself and we will do our best to help. We are looking forward to a great year!

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