Notification: Exposure to COVID-19

Use this notification message to alert caregivers, parents, and families when their child/student has been exposed to a positive case of COVID-19

OR

*to alert Staff members when they have been exposed to a positive case of COVID-19.*

Dear Caregivers, Parents and Families (or staff),

We were notified on [insert date] of a positive COVID-19 case at [insert school], and determined that your student [you] may have been **exposed** to a person with COVID-19 symptoms or a person ill with COVID-19. This does not mean that your student has [you have] COVID-19, but they [you] may have been near someone with COVID-19.

We ask that you watch for symptoms for the next 10 days. If your student [you] or anyone else in your household develops symptoms of COVID-19, they should stay home and get [tested for COVID-19](https://getvaccinated.oregon.gov/#/).

Please monitor your student, yourself and household members closely for COVID-19 symptoms. Symptoms include:

* + Fever or chills
  + Cough
  + Shortness of breath or difficulty breathing
  + New loss of taste or smell
  + Muscle or body aches
  + Fatigue
  + Headache
  + Sore throat
  + Congestion or runny nose
  + Nausea or vomiting
  + Diarrhea

In addition, we ask that your student [you] please consider avoiding unnecessary contact with individuals who are at high risk of developing severe illness from COVID-19 (e.g., individuals with underlying medical conditions or immunocompromised status, individuals that are 65 and older, and those who live with individuals at increased risk).

Vaccination and face coverings are the two most effective tools we have to help reduce the spread of COVID-19 and other viruses in schools. These measures help us provide equitable and inclusive access to full-time, in-person instruction and reduce disruptions for students, staff, and families. If your student is not already vaccinated, please consider [vaccination](https://getvaccinated.oregon.gov/#/).

OHA’s COVID-19 Support Hotline provides general information about COVID-19 at 866-917-8881. Please use this hotline to talk to a trained professional who can answer general questions about exposure or isolation in the case of a positive COVID-19 test result. The hotline operates Monday-Friday from 8am to 5pm. Staff speak English and Spanish, and live interpretation in other languages is available.

If you have questions, please contact [INSERT contact]