



## COVID-19 IN FERN RIDGE SCHOOL DISTRICT PLEASE READ!

9/16/2021

Dear Parents/Guardians,

We are in the second week of school and it has become clear that *COVID-19 is prevalent in our Fern Ridge Community*. The process of contact tracing to slow the spread within our schools is quickly taxing our system. We want to remind everyone that parents/guardians are the gatekeepers to slowing this spread in our school system and keeping our kids in school!

### **HOW DO I KNOW IF MY CHILD IS SICK WITH COVID-19?**

- The short answer is *you may not know* if your child is sick due to the COVID-19 virus.
- The symptoms for COVID-19 are listed below, however, at first your child may just ‘not feel good’ or ‘have an upset stomach’ or ‘just have a little stuffy nose’.
- If the child *and their siblings* are sent to school and it turns out they have COVID-19 the result could be that MANY other students have to be placed on 2 week quarantine.
- **Contacts for an infected child could be the classroom, the bus, lunch, sports, playdates and more.**
- If anyone in the household, including parents or extended family/friends that comes over is not feeling well, please keep all of your children home until you know the sick person does NOT have COVID-19.

There are many places throughout Lane county, including our own community based health center, Orchid Health, that can test your family member/child for COVID-19. Their phone number is (541)234-3255 please call before just going to the clinic.

#### **Primary COVID-19 symptoms:**

- Cough
- Temperature of 100 degree F or higher
- Chills
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

#### **Secondary COVID-19 symptoms:**

- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Nasal congestion or runny nose
- Nausea, vomiting or diarrhea

Thank you for your help, support, and patience as we navigate this challenging time. Our efforts together will help keep our students safe and in school!

**\*The district website has a lot more information under the ‘2021-22 SCHOOL YEAR’ tab.  
Please contact your school principal if you have further questions.**