



Maple Valley Public School District # 4

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Pat Windish, Superintendent
Cathy Janish, Business Mgr.

Dr. Michael Nygaard, 7-12 Principal
Jayson Kocka, K-6 Principal

9-21-20

Dear Parent/Guardian:

If someone with COVID-19 is reported in your child's school. The North Dakota Department of Health will be contacting you if your child is identified as a close contact (within six feet for 15 cumulative minutes or more) to the individual with COVID-19. **If you do not receive a follow up letter, your child has been determined as not being a close contact.**

COVID-19 is a contagious disease that mainly spreads when an infected person coughs or sneezes. Common symptoms of COVID-19 are fever and cough. Some individuals may also experience shortness of breath, runny nose, fatigue, sore throat, body aches, headache, chills, loss of taste/smell or gastrointestinal symptoms. Symptoms can vary by person and range from very mild symptoms to severe illness. The disease is most severe in elderly and individuals with serious chronic medical conditions.

Children identified as close contacts to the individual with COVID-19 have been advised to stay home from school for the next two weeks and quarantine. If your child currently has symptoms or develops symptoms of COVID-19, please contact your child's healthcare provider who may evaluate them for COVID-19.

Please consider the following North Dakota Department of Health recommendations to prevent spread of COVID-19:

- wash hands often with soap and water for at least 20 seconds;
- avoid touching eyes, nose and mouth with unwashed hands;
- cover coughs and sneezes with a tissue and throw it away;
- if older than two, wear a cloth face mask;
- clean and disinfect frequently touched surfaces/objects regularly;
- get plenty of rest, drink fluids, and eat healthy foods;
- avoid close contact with people who are sick;
- and stay home when you are sick.

Please see the [factsheet for people who may have been exposed to COVID-19](#). Contact the ND Hotline at 1-866-207-2880 with any additional questions or concerns about COVID-19.

Sincerely,

Pat Windish, Superintendent