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3-23-2022

RE: COVID Update

Dutchmen Families,

Thankfully, our community and nation-wide status with Covid-19 has changed. Due to the decrease in our local and national positivity rates, the state of Minnesota has changed their school guidelines for Covid-19 mitigation in schools.

In short, we will now be doing a COVID-19 County Check which will tell us our community level of positivity. This will classify our rates as low, medium or high. (See attachment from the CDC as it describes recommendations for each level.)

The state has also simplified isolation guidelines for those who have symptoms of Covid-19. Basically, remain home for 5 full days, returning on day 6 if your symptoms have resolved or are improving. Wear a mask from day 6-10. (See the attachment for more details.) We certainly don't want your child to stay home for 5 days for a "suspected" Covid-like illness. Free at-home Covid-19 tests are always available from the health office.

As always, we take the health and well-being of our students and staff very seriously. If our community situation would change, please be assured we will respond to keep all Dutchmen students and staff safe, healthy and learning!

Stay healthy,

Mrs. Nerem

CDC Centers for Disease
Control and Prevention

COVID-19 by County

Updated Mar. 17, 2022

Know Your COVID-19 Community Level

COVID-19 Community Levels are a new tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Take precautions to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

COVID-19 County Check

Find community levels and prevention steps by county.

Select a Location (all fields required)

| Minnesota | ✓ | Pipestone County | ✓ | Go |

< Start Over

○ **Low**

In **Pipestone County, Minnesota**, community level is **Low**.

- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

If you are immunocompromised, learn more about how to protect yourself.

March 17, 2022

Data Provided by CDC with updates every Thursday by 8 pm ET
How are these data measured?

Add This Widget To Your Site

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

	Low	**Medium**	**High**

Low

- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms

Medium

- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions
- Stay up to date with COVID-19 vaccines
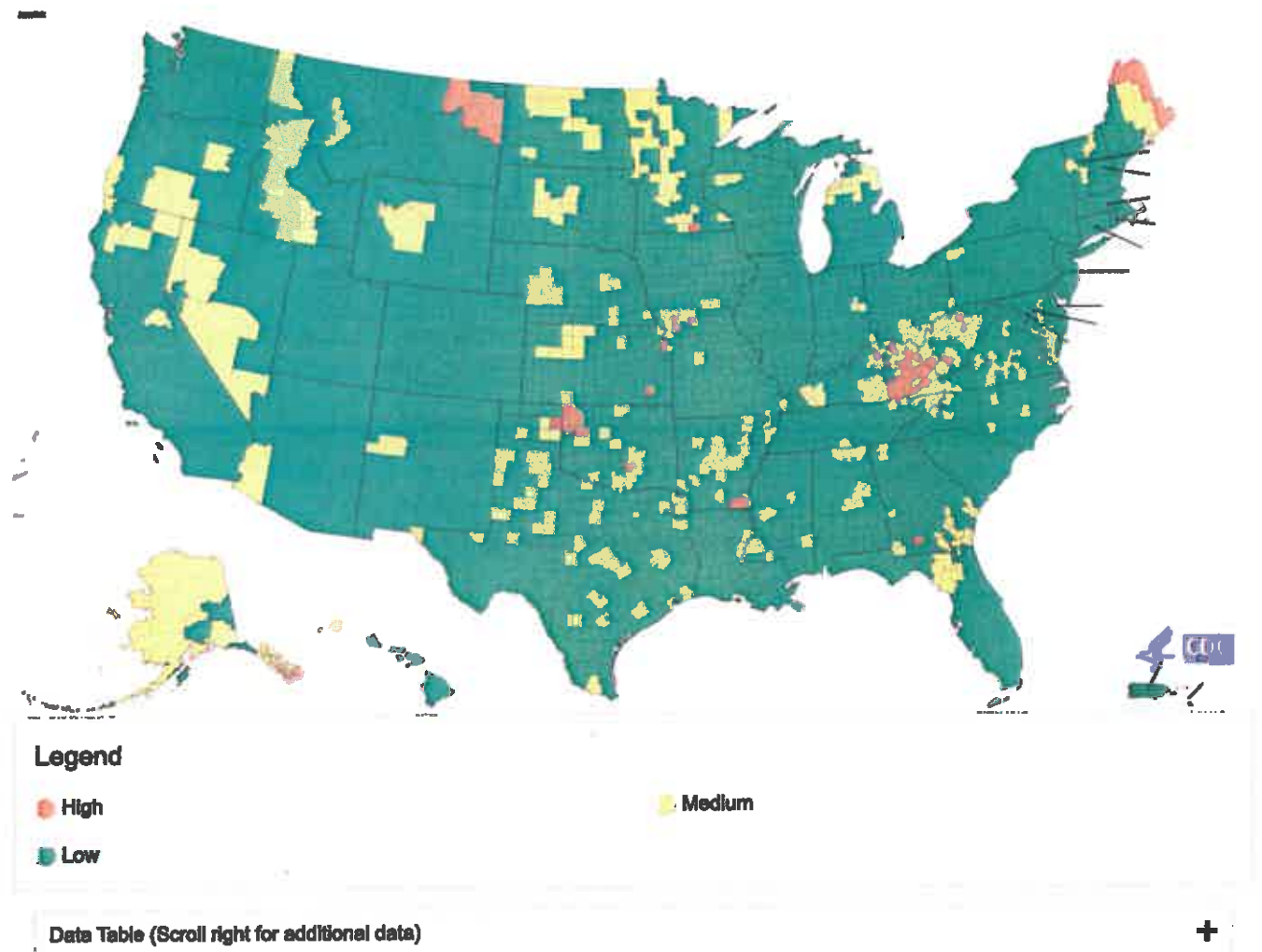- Get tested if you have symptoms

High

- Wear a mask indoors in public
- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms
- Additional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are required on public transportation and may be required in other places by local or state authorities.

If you are immunocompromised or high risk for severe disease, learn more about how to protect yourself.

U.S. COVID–19 Community Levels by County Map

Maps, charts, and data provided by CDC, updates every Thursday by 8 pm ET
Updated: March 17, 2022

Legend

- 🔴 High
- 🟡 Medium
- 🟢 Low

Data Table (Scroll right for additional data)   +
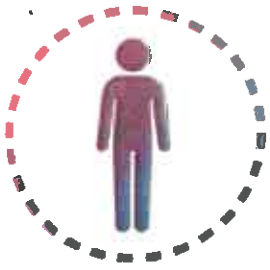
COVID-19 ISOLATION GUIDE

For schools, child care, and youth programming

What to do if you are experiencing symptoms of COVID-19* or have tested positive for COVID-19 *(regardless of vaccination status or symptoms)*

If you have **COVID-19 symptoms:**

Stay home.

COVID-19 testing is strongly encouraged, especially if you are at high risk for severe disease, if symptoms continue or worsen, if you develop additional symptoms, if you have been exposed to someone with COVID-19, or if COVID-19 transmission is elevated in your area.

If you do not get tested, follow instructions below as if you had tested positive for COVID-19.

If COVID-19 testing is done and the result is **POSITIVE:**

Stay home for a minimum of five full days from the date symptoms started or the date you took the test if you don't have symptoms.

Stay away from others, including household members, as much as possible. Wear a well-fitting mask.

If COVID-19 testing is done and the result is **NEGATIVE:**

Stay home until your symptoms improve and you are fever-free for 24 hours (without the use of fever-reducing medication) before returning.

*CDC COVID-19 Symptoms (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

After five days of isolation at home:

Have your symptoms improved and have you been fever-free for 24 hours (without using fever-reducing medication)?

NO:

Continue to stay home and away from others until **symptoms improve and you are fever-free for 24 hours** (without using fever-reducing medication).

Once both are true, return to school or program and continue to wear a mask when around others, including those in your household, until 10 days have passed since your isolation began.

YES:

Return to school or program.

Continue to wear a mask when around others, including those in your household, for another five days.

"Improved symptoms" means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.

DAY 0 — Symptoms start or took a COVID-19 test — 1 2 3 4 5 — **DAY 6** Return to most activities if you feel better — 7 8 9 10 — **DAY 11** Return to normal activities

STAY HOME

WEAR A MASK

People who are under 2 years old and others who are unable to wear a well-fitting mask should stay home for at least 10 full days from when they first felt sick or, if no symptoms, from the day they got tested.

DAY 0 — Symptoms start or took a COVID-19 test — 1 2 3 4 5 6 7 8 9 10 — **DAY 11** Return to normal activities

STAY HOME

For additional information:
If You Are Sick or Test Positive: COVID-19 (www.health.state.mn.us/diseases/coronavirus/sick.html)

m1 MINNESOTA   **STAY SAFE MN**