



Dear NMFA Families,

Going back to school this fall required schools and families to work together even more than before. Schools will be making changes to their policies and operations with several goals: supporting learning; providing important services, such as school meals, daycare, extracurricular activities, and social services; and limiting the transmission of SARS-CoV-2, the virus that causes COVID-19. Teachers and staff can teach and encourage preventive behaviors at school. Likewise, it will be important for families to emphasize and model healthy behaviors at home and to talk to your children about changes to expect this school year. Even if your child will attend school in-person, it is important to prepare for the possibility of virtual learning if school closes suddenly or if your child becomes exposed to COVID-19 and needs to stay home.

We have attached a checklist from the Minnesota Dept. of Health (MDH) and the Minnesota Dept. of Education (MDE) to help with school planning for school year 2020-2021.

We are asking you to please go through this checklist with your child/children each morning before sending them to school, and follow the instructions regarding next steps. If your child will be kept home, please call the attendance number – 612.900.4435 press 2. A quick screener is also available on our website: www.northmetroflex.com on the COVID-19 page.

If you have any questions regarding whether or not to send your child to school, please call our COVID Coordinator, Sandy Saline, at 612.460.5053.

Thank you for helping to keep our school safe and open!

Therese Privette

Principal
North Metro Flex Academy
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Five Health Screening Questions

1. Does your child have *one or more* of these symptoms?

- Fever of 100.4 degrees Fahrenheit or higher
- New cough or a cough that gets worse
- Difficulty or trouble breathing
- New loss of taste or smell

If a child has **one or more of these symptoms**, they must stay home and should stay away from others as much as possible, including family members. Parents or caregivers should notify the school, child care, or youth program and consider calling the child's doctor or other health care provider.

If no symptoms, go to the next question.

2. Does your child have *at least two* of these symptoms?

- Sore throat
- Chills
- New or severe headache
- Nausea
- Muscle pain
- New nasal congestion or runny nose
- Vomiting
- Excessive fatigue
- Diarrhea
- (extreme tiredness)

If a child has **at least two of these symptoms**, they must stay home and should stay away from others as much as possible, including family members. Parents or caregivers should notify the school, child care, or youth program and consider calling the child's doctor or other health care provider.

If no symptoms, go to the next question.

3. Has your child been diagnosed with COVID-19 since they last went to their school, child care, or youth program?

- No: the child can go to their school, child care, or youth program.
- Yes: the child must stay at home in isolation and away from others as much as possible for **at least 10 days** (counting from the day their symptoms first started or the day they were tested), and until their symptoms get better and they have not had a fever for 24 hours (without taking medicine to lower the fever). Even if they feel better, they must stay home for the full 10 days. If your child has tested positive for COVID-19 but has no symptoms, they can return 10 days after the date of their test.

4. Has your child had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or doctor or other health care provider contacted you and said your child should stay home (quarantine)?

- No: the child can go to their school, child care, or youth program.
- Yes: the child must not go to their school, child care, or youth program. The child can return 14 days after the last time they had close contact with someone with COVID-19, as long as the child has not developed symptoms or has tested positive for COVID-19. Close contact means being 6 feet or less for at least 15 minutes from a person who has COVID-19. Even if your child has tested negative, they cannot go back until it has been 14 since they had close contact.

5. Is your child or any other household member who is symptomatic (has symptoms consistent with COVID-19) currently waiting for COVID-19 test results?

- No: the child can go to their school, child care, or youth program.
- Yes: the child must stay at home until they get their test results. Brothers, sisters, and other children living in the house must also stay at home until test results are known.

If the test result is negative, children can return to school or child care.

If the test result is positive, children remain at home and begin a 14 day quarantine period starting on the last day they has close contact with the positive case.

Keep NMFA healthy and COVID-free.

WHEN IN DOUBT, KEEP THEM OUT!

Questions? Call Sandy Saline, COVID Coordinator 612-460-5053