



November 3, 2020

Re: General notification of a lab-confirmed positive COVID-19 case(s) at school

Spectrum Parents/Guardians,

We have been notified and have contacted the Minnesota Department of Health (MDH) about one or more people that attend or are employed with Spectrum Middle School and Spectrum High School who has or have received confirmation of a lab-verified positive case of COVID-19 between Oct. 30th and November 3rd, 2020.

Anyone who would be considered a close contact, based on MDH guidelines (*within 6 feet or less for a cumulative time frame of 15 minutes over a 24-hour period*), will be notified separately. If you are receiving this letter (and have not received additional notification), your student is NOT considered a close contact and should plan to continue participating at school in their current learning model.

Thank you for continuing to follow the MDH guidelines and communicating with Spectrum's Health Clerk(s) when your student is showing symptoms of *sickness, has been tested for COVID-19 or received a positive diagnosis, or has been in close contact with a person who has a lab-tested positive case of COVID-19. Working together, we can continue to minimize contact with positive cases and keep our students on campus.

Spectrum continues to require face coverings and social distancing in addition to conducting our daily and weekly cleaning and sanitizing of facilities.

If you would like more information on what to do if you or your child becomes sick, please visit [If You Are Sick: COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).

Feel free to contact MDH at (612) 268-4569 with questions. A fact sheet from MDH providing additional guidance is also attached.

For additional resources, visit:

- [Coronavirus Disease 2019 \(COVID-19\) \(https://www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Coronavirus \(COVID-19\) \(https://www.cdc.gov/coronavirus/2019-ncov/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

Sincerely,

Dan DeBruyn

Executive Director

**Students should NOT attend school if they show any symptoms, such as fever, cough, difficulty breathing, muscle aches, feeling tired, loss of taste or smell, diarrhea, and vomiting.*

What To Do if You Have Had Close Contact With a Person With COVID-19

To protect yourself, your family, and your community, you must separate yourself from others, get tested and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Follow these instructions for at least 14 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others



Stay home. If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home.



Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and those who have weakened immune systems.



If you become sick, separate yourself from other people in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.



Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



Wear a facemask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Get tested



Contact your health care provider or visit the [Minnesota COVID-19 Response website \(mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp) to find testing times and locations near you. Get tested even if you do not have symptoms. If your test results are positive, follow recommendations for cases of COVID-19. You may need to remain at home for longer than 14 days. Even if your results are negative, you need to stay home for 14 days. If you develop symptoms after testing negative, get tested again.

Monitor your symptoms



If you develop symptoms, separate yourself from others and follow public health recommendations for staying at home when symptomatic.



Minnesota Department of Health | health.mn.gov | 651-201-5000
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Contact health.communications@state.mn.us to request an alternate format.

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