



COVID COMMUNICATIONS PACKET

Revised
24 September 2020



Motivate Collaborate Support Develop

930 Colorado Avenue ~ Montrose, Colorado 81401 mailing
PO Box 10,000 ~ Montrose, Colorado 81402 billing 970.249.7726
phone ~ 970.249.7173 fax ~ www.mcsd.org web

August 27, 2020

The following packet will provide families with necessary information regarding COVID-19, protocols on quarantine and isolation, guidance on when to contact your doctor, as well as supplementary diagrams and communication explaining how the school district will manage a student's return to in-person instruction following a positive or probable-positive COVID-19 exposure.

Montrose County School District (MCSD) coordinates with Montrose County Public Health to provide COVID-19 testing for students who are exposed to COVID-19 positive or probable-positive individuals. If your child is exposed in our schools, Public Health will provide testing free-of-charge.

If MCSD asks your child to stay home from school due to symptoms consistent with COVID-19, we will contact you to discuss procedures regarding your child's return to in-person instruction. In general, MCSD encourages families to work with their primary care provider (PCP) to determine whether or not a COVID-19 test is warranted. If you have no PCP, the School District's Northside School-Based Health Clinic may be a helpful resource.

It is optimal that you pursue COVID-19 testing for yourself or your child if you suspect you or anyone in your family may have contracted COVID-19 (or if you are in close contact with a positive or probable-positive individual). If you or one of your family members are tested through your primary care provider, Montrose County School District asks that you keep us informed of the results.

We will continue to prioritize open communication, and we will solicit voluntary information from you regarding you or your child's COVID-19 test results. This will allow us to provide better guidance on the timeline for your child's return to in-person learning and allow MCSD to protect all families and staff.

Finally, we thank you for your vigilance in keeping our community and school district healthy as we work to return to instruction for the school year. Together, we can mitigate viral spread and keep our student, staff, and families safe.

Best,

Montrose County School District

27 de Agosto del 2020

El siguiente paquete proporcionará a las familias la información necesaria con respecto a COVID-19, protocolos de cuarentena y aislamiento, orientación sobre cuándo comunicarse con su médico, así como diagramas complementarios y comunicaciones que explican cómo el distrito escolar manejará el regreso de un estudiante en persona. Instrucciones para después de una exposición COVID-19 positiva o probable positiva.

El Distrito Escolar del Condado de Montrose (MCSD) se coordina con el Departamento de Salud Pública de Montrose para proporcionar pruebas de COVID-19 a los estudiantes que están expuestos a individuos con COVID-19 positivos o probables positivos. Si su hijo está expuesto en las escuelas, Salud Pública proporcionará pruebas sin costo.

Si MCSD le pide a su hijo que no vaya a la escuela debido a síntomas consistentes con COVID-19, nos comunicaremos con usted para discutir los procedimientos relacionados con el regreso de su hijo a la instrucción en persona. En general, MCSD alienta a las familias a trabajar con su médico (PCP) para determinar si se justifica o no una prueba de COVID-19. Si no tiene un médico familiar PCP, la Clínica del distrito, Clínica de salud Northside es un recurso útil.

Es necesaria que se realice la prueba de COVID-19 para usted o su hijo si sospecha que usted o alguien de su familia puede haber contraído COVID-19 (o si está en contacto cercano con una persona positiva o probable positiva). Si usted o uno de los miembros de su familia se hacen la prueba a través de su médico familiar, el Distrito escolar Montrose County School District le pide que nos mantenga informados de los resultados.

Continuaremos dando prioridad a la comunicación abierta y le solicitaremos información voluntaria sobre usted o los resultados de la prueba COVID-19 de su hijo. Esto nos permitirá brindar una mejor orientación sobre el diagrama para el regreso de su hijo al aprendizaje en persona y permitirá que MCSD proteja a todas las familias y al personal.

Finalmente, le agradecemos su precaución para mantener saludables a nuestra comunidad y distrito escolar mientras trabajamos para regresar a la instrucción durante el año escolar. Juntos, podemos mitigar la propagación viral y mantener seguros a nuestros estudiantes, personal y familias.

Saludos,

Montrose County School District

Definitions

Confirmed case: a case in a person who has tested positive for the COVID-19 virus using certain laboratory tests (usually PCR). Public health professionals will assign the case a definition using the Colorado COVID-19 [case and outbreak definitions](#).

School outbreak-associated case: a case among students, teachers, or staff that meets the [outbreak definition](#). Family members or others outside the school who get sick should not be classified as outbreak-associated.

COVID-like symptoms: cough, shortness of breath, fever, chills, loss of taste or smell, fatigue, headache, sore throat, muscle or body aches, congestion or runny nose, nausea or vomiting, diarrhea. A person can be contagious two days before they start having symptoms. In children too young to reliably report their symptoms, caregivers and teachers should monitor for symptoms and other age-appropriate signs of disease, including decreased appetite or activity. Symptoms of COVID-19 in this age group have not been well-defined.

Isolation: staying home from work, school, and activities when a person is sick or diagnosed with COVID-19. Isolation lasts for at least 10 days after the onset of symptoms-- and for 24 hours after being fever-free without the aid of fever reducing medication and if the person shows an improvement of symptoms. For people who have not had symptoms, isolation lasts 10 days from the day they had their first positive test. In rare instances (for example, if a person was very sick or has certain medical problems), isolation may last 20 days. Public health experts do not recommend repeat testing to decide when to end the period of isolation except in rare circumstances in consultation with a medical provider.

Quarantine: staying home from work, school, and/or activities after a person was in close contact with someone with COVID-19. Quarantine lasts for 14 days (unless the person develops symptoms, then they will be put in isolation). Negative tests should not be used to release a person from quarantine.

Close contact: a person who:

- was within 6 feet of someone who has COVID-19 (even if they did not have symptoms) for at least 15 minutes total.
- provided care for someone who is sick with COVID-19.
- had direct physical contact with someone who is sick with COVID-19.
- shared eating or drinking utensils with someone who is sick with COVID-19.
- got exposed to respiratory droplets from someone who is sick with COVID-19 (through sneezing, coughing, shouting, etc.).
- was in the same class/cohort as a person with COVID-19.

This CDPHE document can be found at the link below
<https://drive.google.com/file/d/16g-2exA5iRt4F5mlvy1WDuAkjRRwzWJw/view>

- **Note:** for pre-K and child care settings, consider additional types of close contact, including feeding, diapering, and holding. Due to the close proximity of caregiver and child in these circumstances, very short durations of exposure will warrant quarantine if a case is detected in a caregiver or child.

Cohorting: the practice of keeping the same individuals in the same group at all times during the school day. Changes in cohorts are timed to align with school semesters or trimesters after lengthy breaks. Cohorting helps limit the number of contacts each individual has. As a result, if quarantines, dismissals, or school closures are needed, they may affect fewer people. Students may be in multiple cohorts (for example, bus ride to school, after-school sports, classroom).

Physical distancing: maintaining at least 6 feet between each student, teacher, and staff member for as much of the school day as possible. During contact tracing, classroom contacts are considered exposed (and required to quarantine for 14 days), even if physical distancing was practiced in the classroom. While 3 feet of distance is an option within school cohorts/classrooms, 3 feet is not considered physical distancing.

PCR Test: a test that detects genetic material from a virus in the nose or mouth. The sample is collected on a swab or in a test tube which is sent to a lab for analysis. The test usually takes a few days to come back. Because this test is very sensitive, it is very good at detecting even small traces from a virus. This test can be used to determine whether or not a person has COVID-19.

Antigen Test: a test that detects specific, small pieces of the virus in the nose or mouth. The sample is collected on a swab or in a test tube and is usually analyzed on-site. This test can come back in just a few minutes. Because this test looks for specific pieces of the virus, if the test is positive it is very likely that a person has COVID-19. However, if the antigen test is negative a **person still may have COVID-19**, because the test may miss an infection. For this reason, a health care provider may send a PCR test to confirm the result if the antigen test is negative.

Serology Test: a test that detects the antibodies the body starts to make a few days after the start of an infection. These antibodies can last many months, or even longer. For this reason, serology tests are useful for showing that a person had COVID-19 in the past, but **may not detect early COVID-19 infections** and can't give any information about when a person was infected.

Prueba serológica: Una prueba que detecta los anticuerpos que el organismo empieza a producir unos días después del comienzo de una infección. Los anticuerpos pueden durar varios meses, o incluso más tiempo. Por este motivo, las pruebas serológicas son útiles para demostrar que una persona ha estado contagiada por el COVID-19 en el pasado, sin embargo, ***es posible que no detecte infecciones tempranas del COVID-19*** y no proporcione información acerca de cuándo una persona estuvo infectada.



Montrose County Public Health Info Line 970-252-4545
(Public Health provides you this letter if you have been tested for COVID-19)

YOU HAVE BEEN TESTED FOR COVID-19. WHILE YOU ARE WAITING FOR RESULTS...

Everyone in your residence needs to stay home unless you have an emergency to avoid infecting others.

If you are sick:

- a. Stay home. Do not leave for any reason unless you need medical attention. Notify your healthcare professional that you are sick.
- b. Stay in a separate room or space from other people
- c. Wear a mask at all times.
- d. Have a separate space to wash your hands
- e. Have someone disinfect the place you use to wash your hands right after use.
- f. Keep hydrated as much as possible
- g. Do not allow visitors

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, call 911 or go to the nearest emergency room:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Can't keep liquids down

***This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.**

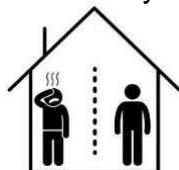
If you are not currently sick:

- a. Stay home. Do not leave for any reason unless you need medical attention.
- b. Wear a mask as much as possible
- c. Wash your hands as much as possible
- d. Stay away from any person showing symptoms
- e. Open windows, increase airflow
- f. Wear gloves and eye protection when caring for a sick person
- g. Eat separately from any sick people, provide them meals in their own room/space

RESULTS: Someone will call you in 2-4 days to tell you if you have COVID-19.

IF YOU DO HAVE COVID-19, continue following the instructions above (“if you are sick”) until at least 10 days after your symptoms started, your temperature has been normal for 24 hours (less than 100.4F) without fever reducing medication, AND your symptoms are improving.

IF YOU DO NOT HAVE COVID-19, you could have a false test result or did not generate enough particles for the test to detect COVID-19 on the day you were tested. Because symptoms can develop up to 14 days after exposure, continue to follow the instructions above for “if you are not sick” for 14 days.





Montrose County Public Health Info Line 970-252-4545

SITE HAS HECHO LA PRUEBA DE COVID-19. MIENTRAS ESPERA SUS RESULTADOS ...

Mientras espera sus resultados, deben quedarse en casa, a menos que sea por una emergencia" (Guía de aislamiento)

Aquellos que están enfermos:

- a. Quédese en casa. No salga por ninguna razón, a menos que requiera atención de emergencia.
- b. Llame a este número para obtener suministros entregado a su casa: 719-377-4801.
- c. Mantenga a la persona enferma en una habitación o espacio separado.
- d. Deben usar una máscara.
- e. Asegúrese de que tengan un espacio separado para lavarse las manos.
- f. Desinfecte el lugar que usan para lavarse las manos inmediatamente después de usarlo.
- g. Manténgalos hidratados tanto como sea posible.

Aquellos que no están enfermos actualmente necesitan:

- a. Usar una máscara dentro de la casa tanto como sea posible.
- b. Lavarse las manos tanto como sea posible.
- c. Mantenerse alejado de la persona enferma.
- d. Abrir ventanas, aumentar el flujo de aire.
- e. Use guantes al cuidar de la persona enferma.
- f. Comer por separado de la persona enferma, proporcionarle comidas en su propia habitación.

Buscar atención médica de emergencia si tiene síntomas

Si alguien muestra alguno de estos signos, busque atención médica de emergencia de inmediato.

Dificultad para respirar

Dolor o presión persistentes en el pecho.

Confusión o desorientación.

Incapacidad para despertarse o permanecer despierto

Labios o cara azulados

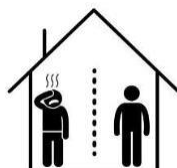
* Esta lista no son todos los síntomas posibles. Llame a su proveedor médico para cualquier otro síntoma que sea grave o preocupante para usted.

Llame al 911 o llame con anticipación a su centro de emergencia local: **notifique al operador que está buscando atención para alguien que tiene o puede tener COVID-19.**

RESULTADOS: Alguien lo llamará en 2-4 días para informarle si tiene COVID-19.

SI TIENE COVID-19, continúe siguiendo las instrucciones anteriores ("si está enfermo") hasta 10 días después de que sus síntomas empezaron, y hasta que su fiebre haya desaparecido sin medicamentos y sus síntomas han mejorado.

SI NO TIENE COVID-19, todavía puede contagiarse. El virus está en la comunidad. Siga las instrucciones anteriores (si no está enfermo) por 14 días.





Motivate Collaborate Support Develop

930 Colorado Avenue ~ Montrose, Colorado 81401 mailing
 PO Box 10,000 ~ Montrose, Colorado 81402 billing 970.249.7726
 phone ~ 970.249.7173 fax ~ www.mcsd.org web

MCS D COVID Contacts

- Montrose County School District Office
 - (contact info above)
- James Pavlich, Director of Safety and Security
 - james.pavlich@mcsd.org / (970) 252-7910
- Cyndle Sinclair, MCS D Registered Nurse, COVID Nurse Coordinator
 - cyndle.sinclair@mcsd.org / (970) 249-2405 extension 5600
- Matt Jenkins, MCS D Public Information Officer
 - thomas.jenkins@mcsd.org / (970) 252-7901
- Jennifer Suchon, PNP, Northside School-Based Health Clinic
 - jennifer.suchon@mcsd.org / (970) 240-6438

EARLY CHILDHOOD CENTERS (ECC)

FAMILY SERVICES CENTER (FCC) 900 COLORADO AVE #4 MONTROSE, CO 81401 249-5858 / FAX 249-7537 x7858	EARLY CHILDHOOD CENTER (ECC) 900 COLORADO AVE #4 MONTROSE, CO 81401 249-5858 / FAX 249-7537 x7858	JOHNSON ECC (JECC) 13820 6700 RD MONTROSE, CO 81401 249-2584 x2111	OLATHE ECC (OECC) 320 N 3RD ST OLATHE, CO 81425 240-6435 X2015 or X7435
---	---	--	---

PEAK VIRTUAL ACADEMY

526 N. 6th St. PO BOX 10000, MONTROSE, CO 81402, Phone: 252-7928 / Fax: 249-5183

VISTA CHARTER SCHOOL (VCS)

1810 St. Mary's Drive, MONTROSE, CO 81401
 PHONE: 249-4470 / FAX: 252-3354

COTTONWOOD ELEMENTARY SCHOOL (CES)

3500 WOODGATE ROAD, MONTROSE, CO 81401
 PHONE: 249-2539 / FAX: 240-6407

JOHNSON ELEMENTARY SCHOOL (JES)

13820 6700 ROAD, MONTROSE, CO 81401
 PHONE: 249-2584 / FAX: 240-6408

NORTHSIDE ELEMENTARY SCHOOL (NES)

528 NORTH UNCOMPAGRE, MONTROSE, CO 81401
 PHONE: 249-2554 / FAX: 240-6403

OAK GROVE ELEMENTARY SCHOOL (OGES)

62100 W OAK GROVE RD, MONTROSE, CO 81403
 PHONE: 249-6867 / FAX: 240-6409

OLATHE ELEMENTARY SCHOOL (OES)

326 N 3rd ST, PO BOX 505, OLATHE, CO 81425
 PHONE: 252-7940 / FAX: 323-6339

POMONA ELEMENTARY SCHOOL (PES)

1045 SOUTH CASCADE, MONTROSE, CO 81401
 PHONE: 249-2514 / FAX: 240-6406

CENTENNIAL MIDDLE SCHOOL (CTMS)

1100 SOUTH 5TH ST. MONTROSE, CO 81401
 PHONE: 249-2576 / FAX: 240-6461

COLUMBINE MIDDLE SCHOOL (CMS)

600 SOUTH 12TH ST. MONTROSE, CO 81401
 PHONE: 249-2581 / FAX: 240-6404

OLATHE MIDDLE/HIGH SCHOOL (OMHS)

410 HIGHWAY 50 PO BOX 546
 OLATHE, CO 81425
 PHONE: 252-7950 / FAX: 323-5947

MONTROSE HIGH SCHOOL (MHS)

600 SOUTH SELIG AVENUE, MONTROSE, CO 81401
 PHONE 249-6636 / FAX: 240-6414