

Dear Vernonia School District Families,

As we head into the fall season, this is a quick reminder to be mindful of the beginning of the cold and flu season and COVID. Viruses, colds, and COVID spread quickly among school children, and families with school-age children have more infections than others. It is important that we work together to keep our children healthy and in school. By keeping our children symptom free, we benefit the community as a whole.

Students should not attend school if they have any of the following symptoms:

- Fever (Fever that is greater than 100 degrees. Students may return to school only after their temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours).
- Vomiting
- Diarrhea
- Chills
- Fatigue, discomfort, weakness, or muscle aches
- Congested or wet cough

If your student tests positive for COVID or has symptoms, regardless of vaccination status, please follow the current exclusion **that states that they should stay home for at least 5 days from the onset of symptoms**. Most people with COVID-19 have mild illnesses and can recover at home without medical care.

We also wanted to remind families that our district has free COVID testing kits available for district families and can be picked up at Vernonia and Mist School. Please contact Karen Roberts for pick-up of COVID testing.

Thank you for your continued support and helping us mitigate the spread of illnesses in our schools.

Resources:

[The difference between a cold and the flu.](#)

[The difference between the flu and COVID-19.](#)

[The Flu: A guide for parents](#)

Please see Vernonia's COVID Web Page for further COVID information. <https://www.vernoniak12.org/covid19>

Jim Helmen

Vernonia School District Superintendent