

Notification: Exposure to COVID-19

Dear Caregivers, Parents, Families and Staff,

We were notified on 10/3/2022 of two positive COVID-19 case at Vernonia High School. The student(s) may have been in contact with classmates and teachers. The state no longer requires contract tracing, however this would be a good time to remind everyone to be safe and review the COVID-19 symptoms.

This does not mean that you or your student has COVID-19, but they may have been near someone with COVID-19.

We ask that you watch for symptoms for the next 10 days. If your student, you or anyone else in your household develops symptoms of COVID-19, they should stay home and get [tested for COVID-19](#).

Please monitor your student, yourself and household members closely for COVID-19 symptoms.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Muscle or body aches
- Fatigue
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

In addition, we ask that your student please consider avoiding unnecessary contact with individuals who are at high risk of developing severe illness from COVID-19 (e.g., individuals with underlying medical conditions or immunocompromised status, individuals that are 65 and older, and those who live with individuals at increased risk).

Vaccination and face coverings are the two most effective tools we have to help reduce the spread of COVID-19 and other viruses in schools. These measures help us provide equitable and inclusive access to full-time, in-person instruction and reduce disruptions for students, staff, and families. If your student is not already vaccinated, please consider [vaccination](#).

OHA's COVID-19 Support Hotline provides general information about COVID-19 at 866-917-8881. Please use this hotline to talk to a trained professional who can answer general questions about exposure or isolation in the case of a positive COVID-19 test result. The hotline operates Monday-Friday from 8am to 5pm. Staff speak English and Spanish, and live interpretation in other languages is available.

If you have questions, please contact:

Leonard Hamilton, RN
Vernonia District School Nurse
(503) 429-1351