



August 20, 2021

Dear Parents & Guardians of Trumbull Schools:

The Trumbull Nursing Department would like to share some **important information** for the **2021-2022** school year. The main focus of the School Nursing Department has always been, and will continue to be, keeping children healthy and safe so they are ready to learn. Below you will find information about some important practices that will help keep your children, your families and our community healthy, safe & prepared for this school year:

1. Get vaccinated

This is the most important intervention to help reduce the spread of COVID. Vaccinated people have a significantly reduced risk of getting and spreading COVID. **Getting vaccinated will help protect those individuals who are unable to get vaccinated**, like our under-12 year old population, people with weakened immune systems or those with underlying medical conditions which prevent them from being vaccinated.

[Click here to find out where you and your family can get vaccinated.](#)

[When Will a COVID-19 Vaccine Be Ready for Kids Under 12?](#)

[What Should Parents Know About the Delta Variant, Kids and Back to School?](#)

2. Wear a mask

When worn consistently and properly, masks are one important part of a group of strategies to reduce the spread of COVID. When everyone consistently and correctly wears a mask, they [protect others as well as themselves](#). Consistent and correct mask use is especially important indoors and in crowded settings, when physical distancing cannot be maintained.

[Click here for CDC page Your Guide to Masks](#)

[How to Wear a Fabric Mask Safely](#)

[The Science on mask use controlling spread of COVID](#)

3. Wash/Sanitize Hands

Reinforce the importance of hand hygiene at home. Hand washing has always been one of the most effective ways to protect ourselves from getting sick.

[CDC Handwashing page](#)

[Show me Science-Why wash your hands](#)

[CDC Hand Hygiene FAQ page](#) t

[NASN handwashing video](#)

4. Keep your child home if they are sick

Students who have symptoms of infectious illness, such as [influenza](#) (flu) or [COVID-19](#), should stay home and be referred to their healthcare provider for testing and care, regardless of vaccination status. Staying home when sick is essential to keep COVID-19 and other infections out of schools and prevent spread to others.

The most common symptoms of COVID-19 in children include fever or chills, cough, nasal congestion or runny nose, new loss of taste or smell, shortness of breath or difficulty breathing, diarrhea or vomiting, stomachache, tiredness, headache, muscle or body aches, and poor appetite. If your child is sick or has [symptoms of COVID-19](#), they should stay home. Call your child's healthcare provider for testing and care.

Many symptoms of COVID are similar to allergies, colds and the flu. If your child has seasonal allergies please talk to your child's health care provider about their treatment plan. Please share this treatment plan with the school nurse who can communicate with you if this treatment plan is not effective at school. .

[Similarities and differences between flu & Covid](#)
[Covid, Cold, Allergies & Flu-What are the differences?](#)

["What to do if my child has cold symptoms?"](#)

[NASN Video: staying home when you are sick](#)

5. Have a plan for if/when your child is sent home from school

If your child presents with illness symptoms, or develops illness symptoms while at school they may need to be sent home. **Make sure your emergency contact information on file with the school is up-to-date so that you or an alternate adult can be reached in the event your child needs to be sent home or has a medical emergency.** The School Health Services offices and isolation areas are designed for *short-term initial support of the ill child*. Parents must have a plan which allows for them, or another designated adult to pick up a sick child from school in a reasonable amount of time.

[What if a student becomes ill at school? when a child is ill at school.](#)

6. Familiarize yourself with when people need to quarantine or isolate

Anyone who is **isolating because of being COVID positive** or those **under quarantine due to an exposure to COVID** are required to **stay home from school AND should NOT participate in any other activities outside of school** including community or school based sports programs, enrichment activities such as dance class, art class, music lessons (to name only a few). Additionally they should **NOT** attend family gatherings, travel, go to the movies, mall, supermarket, or be at houses of worship.

[CDC close contacts in schools](#)

[When to quarantine & isolate](#)

School Nurses will be returning from summer break soon. **Nurses will be available by appointment** to discuss student health concerns and receive important information, supplies and or medication from parents on the dates listed below:

School**Office Hour Dates**

Trumbull Public Schools	Thursday August 26th, Friday August 27th, & Monday August 30th
St Catherine of Siena	Thursday August 26th, Friday August 27th, & Monday August 30th
Christian Heritage	Friday, August 26th, Monday August 30th, Tuesday August 31st
St Theresa	Friday, August 26th, Monday August 30th, Tuesday August 31st
St Joseph HS	Friday, August 26th, Monday August 30th, Tuesday August 31st

Please click [HERE](#) For a list of school nurse contact information for appointments

Take care,



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