



DISTRICT OFFICE
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COVID 19 EXPOSURE NOTIFICATION

Dear Families,

We were notified by the Minnesota Department of Health (MDH) of a lab-confirmed case of COVID-19 (novel coronavirus) in a member of the Northfield Public Schools community. Your student was exposed during their school day at Northfield Public Schools.

We are required to report COVID19 positive cases to the Minnesota Department of Health and notify participants of potential exposure to this communicable COVID19 virus. You should monitor for symptoms of illness, **but are not required to stay home unless symptoms develop**. If symptoms develop, stay home, and consult with your physician to determine if a medical evaluation is needed.

We understand that this may create unease in our community. We are asking all members of our community to minimize the spread of illness by taking the following actions:

- Protect yourself and others by wearing a face-covering when it is hard to stay three feet away from people; washing your hands often with soap and water; covering your cough and sneeze; and avoiding touching your face with unwashed hands.
- If you are sick, stay home from child care and other activities.
- Be prepared in case you get sick and need to stay home. Keep enough food, regular prescription drugs, and other necessities on hand in case you need to stay home and are not able to go out easily.
- Frequently clean all commonly touched surfaces (e.g., telephones, doorknobs, countertops, etc.).

If symptoms develop, stay home, and consult with your physician to determine if a medical evaluation is needed. If you are experiencing symptoms of COVID-19, MDH recommends:

1. Stay at home for at least 10 days, and for 24 hours with no fever and improvement of other symptoms (Your fever should be gone for 24 hours without using fever-reducing medicine).
2. Use the CDC website on how to [Care for yourself at Home](#) with COVID-19.
3. If your household contacts were exposed to you while you had symptoms, they should try to stay home as much as possible for 14 days.

Resources that you may find valuable are:

- MDH Coronavirus: <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- MDH If You Are Sick: <https://www.health.state.mn.us/diseases/coronavirus/sick.html>
- CDC Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Sincerely,

Cheryl Hall, Director of Special Services
District COVID-19 Coordinator
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