

September 1, 2021

Dear Parents and Guardians:

The Three Rivers Health Department reported that a member of our James H. Cary Intermediate School has been diagnosed with coronavirus disease 2019 (COVID-19). This person was on the premises on August 30-31 and did have direct exposure with other members of our community.

We are working closely with the person diagnosed with COVID-19 and Three Rivers Health Department to identify anyone who had [close contact](#) with the person to determine if they might have been exposed to the virus that causes COVID-19.

If you or your child are identified as having been potentially exposed, the Three Rivers Health Department will call you to discuss your exposure and recommend that you stay home (quarantine), get tested for COVID-19 at [a site convenient for you](#), and monitor yourself for symptoms (e.g., fever, cough, shortness of breath). Detailed instructions for close contacts, including how long to stay home, are available [here](#). Close contacts who are [fully vaccinated](#) should get tested, but they do not have to stay home as long as they do not have symptoms or a positive COVID-19 test.

If you develop [any symptom of COVID-19](#), please stay home, contact your healthcare provider to arrange for testing or visit the [VDH website to find the nearest testing location](#), and inform us. Detailed instructions for people with COVID-19 or COVID-19 symptoms, including how long to stay home, are available [here](#).

If you are not contacted by the person with COVID-19, the health department, or us, and you do not have symptoms, you do not need to stay home or exclude yourself from activities at this time.

Our James H. Cary Intermediate School will take the following measures to protect our community: Cleaning of areas involved with a positive case

The Virginia Department of Health (VDH) and the Centers for Disease Control and Prevention (CDC) recommend that we all stay informed about COVID-19 in our community and [take the following steps](#) to protect ourselves and the people around us:

- Get the [COVID-19 vaccine](#) when it is available to you and your child. Widespread vaccination is the most important tool to help stop the pandemic. Getting your child vaccinated can bring you one step closer to enjoying the activities you miss. If your child is not eligible to get the vaccine, you can help protect your child by getting vaccinated. To find vaccine locations near you, visit [vaccinate.virginia.gov](https://www.vaccinate.virginia.gov) or call 877-275-8343.
- [Wear a mask](#) (also known as a cloth face covering) in accordance with [VDH guidelines](#).
 - Certain people should never wear a mask. Masks should not be put on children under the age of two or used by people who have trouble breathing, are incapacitated, or who are otherwise unable to remove the mask without help.
- Put at least 6 feet of distance between yourself and other people if you are not fully vaccinated. This is especially important for people who are at [higher risk](#) of getting very

sick (e.g., older adults and anyone with a serious chronic medical condition, such as heart disease, diabetes, or lung disease).

- Stay home from school or work if you are sick, even if symptoms are mild.
- Avoid close contact with people who are sick.
- Avoid crowds and large gatherings if you are not fully vaccinated.
- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue (or sleeve), and then throw the tissue in the trash. Immediately wash your hands with soap and water for at least 20 seconds.
- [Clean surfaces](#) that are often touched. Disinfect your home when someone is sick or if someone who is positive for COVID-19 has been in your home within the last 24 hours.
- Take care of your and your child's health overall. Stay current on your routine vaccinations (including the flu vaccine), eat well, and exercise to help your body stay resilient. This is a stressful time and many of us are anxious about COVID-19. This [VDH website](#) offers helpful tips about managing stress and anxiety.

If you have any questions, please call us at James H. Cary Intermediate School or the VDH COVID-19 call center at 877-ASK-VDH3 (877-275-8343).