



Dear Parent/Guardian/School Staff Member,

You have been advised by your school that you or the child you are a parent/guardian of is subject mandatory quarantine and is now excluded from in-person learning. The quarantine is based on an exposure to a positive case of COVID-19.

Saratoga County Public Health Services (SCPHS) (like any agency) does not have unlimited resources; therefore, we have partnered with the school districts in the quarantining process for staff and students. SCPHS has assigned School Specialist(s) who works directly with each school district. When a positive case of COVID-19 is identified the School Specialist(s) will work with the school to identify who should be subject to Mandatory Quarantine. There are many factors that go into that decision, it is not done in haste; but via an in-depth assessment and then a determination.

1. Your school has informed you the staff/student (parent/guardian) of the need for quarantine starting when notified by the school and ending 14 days later (unless the quarantined staff/student becomes ill).
2. The school has directed you the staff/student (parent/guardian) to the school website to review the *Quarantine Informational Packet* and/or the school has provided you a hard copy *Quarantine Informational Packet*.
3. The school has let each quarantined staff/student know to expect a Quarantine Order from SCPHS.
4. The Quarantine Order will be the only correspondence you the quarantined staff/student will receive from SCPHS (unless SCPHS is notified the quarantined staff/student becomes ill or test positive).
5. You may return to school at the end of your quarantine, the date will be indicated on the Quarantine Order unless you are ill or have any symptoms of COVID-19.
6. The documents following this letter include important instruction, please read carefully.

Thank you in advance for your cooperation,

Cathleen Medick RN, BSN, Interim Public Health Director

CATHY MEDICK, RN, BSN
ACTING DIRECTOR OF PUBLIC HEALTH
DIRECTOR OF PATIENT SERVICES
EARLY INTERVENTION OFFICIAL

ERIN MURRAY, SPHN
PREVENTION

MARY RICKARD
FISCAL MANAGER

PRISCILLA WHEELER, SPHN
QUALITY ASSURANCE/PREVENTION

KERRY WHITE
EI PROGRAM MANAGER

LORI PROCK
EMERGENCY PREPAREDNESS
COORDINATOR

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MANDATORY QUARENTINE INSTRUCTIONS for the QUARENTINED INDIVIDUAL

1. Remain at home for the duration of the quarantine period.
2. Do not attend work or school.
3. Do not visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
4. Non-household members/visitors are not permitted in your living quarters.
5. Stay in separate area of the house during the quarantine period, and use a separate bathroom, if available. Have someone prepare meals and bring them to your living quarters. Do not share common household items, i.e., linens, dishes, utensils, etc. Limit your time in common household area such as bathrooms and kitchens, maintain a >6 foot distance from household members and wear a mask when outside quarantine space.
6. Clean and disinfect commonly touched areas frequently
7. You can walk outside your house on your own property, but do not come within six feet of neighbors or other members of the public. If you are living in a multiple dwelling, avoid using common stairways or elevators to access the outside. Likewise, you need to refrain from walking in your neighborhood.
8. Inform all household members of your self-quarantine status.
9. Please monitor yourself for symptoms; take your body temperature daily.
10. People with COVID-19 have had a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Some COVID-19 symptoms may be (list not all inclusive):
 - Fever of $^{3}100.4^{\circ}\text{F}/^{3}38.0^{\circ}\text{C}$ (or feel feverish) or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell

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- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

10. If you develop any symptoms of COVID-19 infection, call your medical provider, if you don't have a provider, call Saratoga County Public Health services (518)885-2276.

11. Most people with COVID-19 have mild to moderate symptoms and recover on their own. Less commonly, COVID-19 may lead to pneumonia, other severe complications, hospitalization or death.

12. If you, or any household member, experience a life-threatening condition, call 911 and notify the caller that a person in the living quarters is under self-quarantine for COVID-19 so that responders can take proper precautions.

13. Emergency warning signs* for COVID-19; if someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

14. Drink plenty of fluids and rest. Walk around house frequently.

15. Do not leave home except to get essential medical care (including testing for COVID-19).

16. If you become symptomatic or ill, or test positive for COVID-19, those persons staying with you in your living quarters may be subject to mandatory quarantine and you may be subject to isolation.

17. If a child is placed on mandatory quarantine for COVID-19, but their parent(s) or guardian(s) are not, one of the child's parents or guardians should consider self-quarantining themselves with the child.

18. If you have a need for assistance or services such as food, supplies, medicine or other supports call Saratoga County Public Health Services (518)-885-2276.

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Help Slow the Spread of Germs

Clean and Disinfect Your Home

Cleaning and disinfecting are part of a broad approach to preventing infectious diseases at home.

To help slow the spread:

1. Cover coughs and sneezes with your elbow or tissue
2. Wash your hands
3. Keep sick people away from others.
4. If you are feeling ill, stay home from work or school.
5. What is Cleaning; Disinfection and Sanitizing:
 - a. Cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
 - b. Disinfecting kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
 - c. Sanitizing lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.
6. Clean and disinfect surfaces and objects that are touched often.
 - a. Such as kitchen countertops, doorknobs, desks, computer/laptop keyboards, faucet handles, and phones.
7. Immediately clean surfaces and objects that are visibly soiled.
8. If surfaces or objects are soiled with body fluids or blood, use gloves.
9. Clean and disinfect correctly.
 - a. Always follow label directions on cleaning products and disinfectants.
 - b. Keep disinfectants out of reach of children.
 - c. Never mix two or more products together into one container. Using bleach with other products may release dangerous gases.
 - d. Ensure as much ventilation as possible. Open windows. Run a bathroom or kitchen fan. Keep children in another room.

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RESOURCES

Animals if you have questions about pets:

<https://www.cdc.gov/coronavirus/2019-ncov/faq>

Additional guidance is available for those living in close quarters.

<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>

Centers for Disease Control and Prevention: Cleaning and Disinfection for Households

(www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaningdisinfection.html)

U.S. Environmental Protection Agency: Disinfectants for Use Against SARS-CoV-2 (the virus that causes COVID-19) (<https://www.epa.gov/pesticideregistration/list-n-disinfectants-use-against-sars-cov-2>)

Saratoga County Public Health Services

<https://www.saratogacountyny.gov/departments/publichealth/covid19/>

New York State COVID Alert NY

<https://coronavirus.health.ny.gov/home>

COVID-19 Report Card

<https://schoolcovidreportcard.health.ny.gov/#/home>

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