



Committed to Excellence

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SUPERINTENDENT

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Dear Parents and Community Members:

Trumbull Public Schools is informing staff, parents, and guardians that a student or staff member at **Trumbull High School** has been diagnosed with coronavirus disease 2019 (COVID-19). The person was on the premises on **Thursday, October 8 and Friday, October 9** and likely did have direct exposure with other members of our community.

The district works closely with the Trumbull Nursing Department and Trumbull Health Department regarding each “case” and is following recommendations regarding quarantining, additional testing, or modifications to the school day. Based on these recommendations, Trumbull High School will remain **OPEN** during this time. **At this time, the contact tracing process has begun and usually takes between 24 and 48 hours to complete.** We are working closely with the Trumbull Nursing Department and the Trumbull 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. This is our highest priority when a positive case has been identified. If you or your child are identified as having been potentially exposed, you will receive an email to ask that you please stay home and monitor for symptoms of cough, shortness of breath, or a temperature higher than 100.4°F, and practice social distancing for 14 days from your last contact. **When the contact tracing process is completed, all parents at Trumbull High School will receive a communication to that affect.**

Please be sure that Trumbull High School has your correct phone number on file. To assist in contact tracing efforts to contain the spread of COVID-19, please answer any calls or texts from the following numbers:

- Town of Trumbull
- Email messages from [SVC-Covid19@ct.gov](mailto:SVC-Covid19@ct.gov)
- 203-452-4555

**If you are not contacted with a separate quarantine email then you do not need to stay home or exclude yourself from activities at this time.**

Parents should continue to monitor their child’s health and the health of their families for [COVID-19 symptoms](#). Children with COVID-19 generally have mild, cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported in some children.

Children with certain underlying medical conditions, such as chronic lung disease or moderate to severe asthma, serious heart conditions, or weak immune systems, might be at higher risk for severe illness from COVID-19. Contact your child’s healthcare provider regarding any concerns.

Those who become ill should contact their healthcare provider. Their doctor, in consultation with public health officials, will determine appropriate care and whether testing is necessary. If your child has been exposed to or diagnosed with COVID-19, please report this to your school. This information will be kept confidential.

Schools continue to utilize Center for Disease Control and Prevention (CDC) recommendations on [Reopening Guidance for Cleaning and Disinfecting Public Spaces](#), to reduce viral transmission and keep our children and school personnel healthy and safe. Parents and family members can assist this effort by promoting healthy behaviors and following these practices:

- **Stay home from school or work if sick, even if symptoms are mild.**
- Wear a face covering in areas where physical distancing is difficult to maintain.
- 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.
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching the eyes, nose and mouth with unwashed hands.
- Clean and disinfect surfaces that are often touched.
- **Avoid close contact with people who are sick.**
- Take care of your health overall. Stay current on your vaccinations, including the flu vaccine, eat well, and exercise to help your body stay resilient.

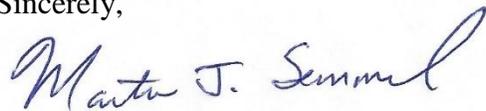
**We are working with the Health Department to keep our community safe.**

- We continue to follow the [Connecticut State Department of Education](#) guidance for learning in the setting of COVID-19
- Employees and sick children will not return to work until they are healthy.

The [Connecticut Department of Public Health](#) and the [CDC](#) provide information about COVID-19 continue to be the best place to get information about controlling the spread of illness. The CDC offers [tips](#) to keep children healthy during this time.

Thank you for understanding that, due to medical privacy laws, we are not able to release the names of the individuals with COVID-19. We will continue to communicate changes and updates with you. With your participation, we believe we can create a safe and fun experience for your children. If you have any questions, please feel free to reach out to me at [msemmel@trumbullps.org](mailto:msemmel@trumbullps.org)

Sincerely,



Martin J. Semmel, Ed. D

## Additional Links and Resources

Symptoms of Coronavirus <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

10 Things you can do do manage your Covid-19 Symptoms at Home  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

Caring for Someone Sick at Home <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

How to protect yourself and others <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Isolate if you are sick <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

When to Quarantine: stay home if you might have been exposed or know you have been exposed  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Link to Connecticut Testing Locations for COVID-19

[https://www.211ct.org/search?page=1&location=Connecticut&taxonomy\\_code=11048&service\\_area=connecticut](https://www.211ct.org/search?page=1&location=Connecticut&taxonomy_code=11048&service_area=connecticut)