

Dear GCS Parents:

Two days from now, we will welcome each GCS student into the 2020-2021 school year with great joy and excitement! God is so good! There has been much prayer and preparation that has gone into every facet of this school year, including our comprehensive safety protocols put into place in light of COVID-19. We appreciate all of your prayers and amazing partnership! We are so blessed by you, our parents!

In preparation for the start of school, we thought it might be helpful to share extra health safety protocols for each of us to consider. These health safety protocols can be exercised in each of our homes in support of facilitating the safest school environment for every GCS student, family, teacher, and staff member. Recently, I read the following suggestions offered by a local pediatrician who has been immersed in COVID-19 every day for the past five months. This pediatrician suggests that, as adults, we have the ability to really make a difference and help manage the spread of COVID-19. She also explained that while the recovery rate of COVID-19 is high (97% - 99.75%), there are still ways we can help mitigate the spread of the virus between school and home. I hope you find these ideas to be helpful:

- Act like you/people you come in contact with have the virus, in terms of precautions taken.
- Wash your hands several times throughout the day for 20 seconds during each wash, including nail beds.
- Use hand sanitizer with 80% alcohol.
- Help children understand the need to keep their hands away from their face (mouth, nose, eyes) at all times.
- Physically distance from other people (close contact means closer than 6 feet for more than 10 cumulative minutes).
- Mask according to the public health official mandates.
- Avoid unnecessary outings.
- Keep your social cohort small and very, very tight, and limit gatherings in your home.
- Prepare a routine for after school each day: have children immediately use hand sanitizer when getting into your vehicle and use Clorox wipes to wipe down car seat when leaving the vehicle. Leave school shoes in the vehicle (or garage) and change into other shoes to go into the house, and vice versa when getting into the vehicle to go to school. Have a place to put shoes, backpack, coat, etc. in a place where they can be sanitized/wiped down immediately and kept for the next day. You also may want a place

where your children can immediately change out of their school clothes to be laundered. Of course, wash hands immediately, also paying attention to wash exposed skin areas.

·If you are sick (runny nose, sore throat, cough, fever, loss of taste/smell, etc.), stay at home away from other people.

·If you have COVID-19 symptoms and your doctor wants you tested, act like you have the virus. Isolate in your house away from other people.

·If you test positive for COVID-19, isolate in your home for 10 days from the onset of your symptoms. Even if you feel better after 2 days, you have to isolate for 10 days. Talk with your doctor about other household members who may test positive for COVID-19 and how that affects your response.

·If you find out you have had exposure to someone with COVID-19, you need to quarantine for 14 days from the date of the last contact. Even if you get a test on day 5 or 8 or 13 of your quarantine that is negative, you still quarantine 14 days. It is our individual responsibility to isolate the complete quarantine time if/when we are exposed.

·Quarantining when asymptomatic is not fun and might be viewed as annoying, but we can do the right thing: quarantine appropriately and in turn, help mitigate the spread of COVID-19 and keep our school safe.

We can do this. We are a family at GCS, so let's support one another and do our best to take care of our school community family. If you have any questions, please contact our school nurse, Sandy Nolen RN, at sandy.nolen@gcsblacklick.org.

Grace and peace,

Cindy Phillips