

9/7/2023

To all Oswego City School District families,

As students are welcomed back into schools, here are some reminders in regard to COVID 19 for the upcoming 2023-2024 school year in an effort to keep both students and staff safe and healthy:

- Oswego City Schools will be following the CDC Operational Guidance for K-12 Schools and Early Care and Education Programs which includes the following:
 - Encouraging all students, families and staff to stay up to date with routine vaccinations as well as COVID 19 vaccinations. COVID 19 vaccination helps protect eligible people from getting severely ill from COVID 19.
 - Stay home and get tested if you have symptoms of COVID 19. This includes fever, cough, sore throat, vomiting or diarrhea.
 - Using proper hand washing especially during key times in the day (before and after eating, after using the bathroom and after recess).
 - Using prevention strategies based on the CDC COVID 19 community level indicators (this level is based on the number of hospital admissions). Currently Oswego County is at a low level.
- What to do if you test positive for COVID 19:
 - People who test positive for COVID 19 will need to isolate for 5 days from the onset of symptoms.
 - ❖ If you don't have any symptoms day 0 is the day you tested positive.
 - ❖ If you have symptoms day 0 is the day that the symptoms started.
 - In order to return to school, you need to be fever free for 24 hours without the use of fever reducing medications such as Tylenol or ibuprofen and symptoms need to resolving.
 - Upon returning to school after the 5 day isolation period you will need to wear a well-fitting mask through day 10.
- What to do if you were exposed to someone with COVID 19:
 - An exposure consists of being within 6 feet of someone infected with COVID 19 for 15 minutes or longer in a 24 hour period.
 - If you have been exposed to someone with COVID 19 you should wear a well-fitting mask and monitor for symptoms for 10 days after the exposure.
 - If you develop symptoms, you should get tested for COVID 19.

If you have any questions or concerns regarding COVID 19 illness or vaccination, you are encouraged to speak to your health care provider. Thank you and we look forward to a safe and healthy school year!

Sincerely,

Oswego City Schools Medical Director