



## SPRING HEALTH OFFICE UPDATE

I have several hopeful pieces of information to share with all of you, followed by some words of caution as we move into Spring and all of the activities that Spring brings.

### First, the happy news...

- Almost 700 school employees have now received their first dose of vaccine. Two weeks following their second dose of vaccine, vaccinated people are considered “fully immunized”.
- Fully immunized people will not need to be tested or quarantined if exposed to a positive case of COVID 19, as long as they have no symptoms.
- Fully vaccinated people will be able to gather in private settings with other fully vaccinated people without masks or distancing measures.
- Increasing supplies of vaccines have allowed Connecticut to accelerate the schedule to vaccinate adults, so that by April 1st all adults aged 16 and over will be eligible to get a vaccine.

### Now the words of caution...

It continues to be very important to use all of the protective measures that are familiar to everyone by now. Wear a mask. Keep your distance. Wash your hands. There is still a lot of COVID virus out there in the community, including the more transmissible variants. If you are not fully immunized, you are still at risk.

- Everyone needs to wear a mask and maintain social distancing in public places or when with unvaccinated people.
- As much as possible, unvaccinated people need to avoid gatherings with people outside of their household
- The CDC also continues to recommend restricting all non-essential travel. While there are no longer requirements for quarantine or testing following out-of-state travel, we encourage all members of our school community to continue to practice mitigation strategies while traveling, including mask wearing, social distancing, and proper hygiene. Please visit the CDC website: [CDC Travel Info](#) for more information.
- Any student or staff member with any symptom of illness should stay at home and get tested. Symptomatic people should stay at home until symptoms of illness resolve, even if test results are negative. COVID testing is available for symptomatic students, staff and families at the School Based Health Center located at Newtown Middle School. Call 203-270-6114 for an appointment.

**Hang in there everyone. Better days are coming soon!**

**Mask up! Wash up! Back Up!**

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