



## Dr. Saltzman staff message April 21, 2021

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**To:** All District Staff  
**From:** Dr. Ian B. Saltzman, Superintendent  
**Regarding:** COVID cases and precautions

I hope you are all taking advantage of this amazing weather and getting outside to enjoy spring in the Pacific Northwest - I know I am! It adds to the great energy we are feeling now that every grade level has students back in the buildings. It feels like a path to normalcy. Thank you for all you are doing to help make this happen.

In order for us to continue to provide safe in-person learning and a safe work environment, I would like to share a few important reminders.

### Stay Home When Sick

Contact tracers at the school district and with the Snohomish Health District are seeing a growing number of cases related to sports events, work, or gatherings while symptomatic. Some had fevers or a cough, while others thought they were just fighting allergies. If you or your student aren't well, please stay home until symptoms resolve. Even if you have been vaccinated, if you have symptoms, you need to stay home.

COVID symptoms can include one or more of the following:

- Fever
- Difficulty breathing
- Headache
- New loss of taste or smell
- Chills
- Fatigue
- Sore throat
- Nausea or vomiting
- Cough
- Muscle pain or body aches
- Runny nose or nasal congestion

You can follow your situation [on this staff flowchart](#) as well.

### Get Tested

Unfortunately, the health district is hearing reports of parents or friends urging people not to get tested to avoid an isolation or quarantine period. The health district has said, "We cannot stress enough just how important testing, isolation of cases, and quarantining of contacts are to our fight against this virus. We can't interrupt transmission or prevent others from getting sick without them." Please get tested if you have symptoms.



## Isolation and Quarantine

If you are notified you are a close contact and need to quarantine, you should seek testing 3-5 days after last exposure. However, the duration of someone's quarantine period as set by public health, employers and/or schools must still be fulfilled regardless of test results. The test is just an indication from that moment in time, but the research has shown infection can occur up to 14 days after exposure. That is why it is so important to quarantine for the full incubation period. **The exception to quarantine** requirements for contacts to COVID is if you are fully vaccinated. Individuals who are at least two weeks past their final dose do not need to quarantine at home, provided they remain symptom-free.

As a reminder, **someone who has been vaccinated can still get COVID**, although their chances of getting the virus is greatly diminished and the intensity of symptoms is significantly reduced.

You can help prevent the spread of COVID in our schools and community. Please follow the reminders above, wear your mask, and remain socially distanced. **Remember, even if you are having a meeting with someone and you are both vaccinated, you still need to wear your masks.**

Thank you for your support. Please be safe and be well,

Ian