



### October 2022 Health & Wellness Update

As we approach flu season and continue to mitigate the impact of COVID, please review the list of health and wellness best practices below. These simple and effective practices have been proven to help reduce the spread of flu, RSV, COVID, and other infections:

- Stay home when you are not feeling well – especially if you or your children present a cough, fever, congestion, shortness of breath, nausea, vomiting, gastrointestinal issues, sore throat, rash, or skin inflammation.
- After being notified of COVID exposure, get tested as soon as possible and share any positive results with all close contacts. (Close contact = those who have been within six feet or less of you, unmasked, for 15 minutes or more over 24 hours.)
- Maintain proper handwashing habits and social distancing when possible.
- Continue to properly wear a mask when experiencing cold symptoms.
- Participate in COVID vaccinations.
- Please get your flu shot.

Please note that should a classroom be forced to temporarily close to due the spread of COVID, tuition schedules will remain in-place, uninterrupted. Refer to both our sick policy and testing & isolation chart for the most updated health and wellness policy information.