

Updated Quarantine Guidance 10/29/20

Good evening, **Cardinal Family**.

Over the last week, I have invested time connecting with educators, public health officials, health-care providers, board members and others in relation to COVID-19. Decision-making during this pandemic has proved challenging; however, I am responsible for maintaining a **safe and healthy** learning environment for students and staff.

Please note the following **moving forward**:

- The CCSD will continue to require individuals on school grounds to wear masks **consistently and correctly** (over the nose, mouth and chin) at all times. Please see **exceptions** below the line.
- The CCSD will continue to **collaborate** with Page County Public Health to inform families of COVID-19 exposures.
- The CCSD will follow the **guidelines** on the attached document.
- Students should consult the attached document to determine **whether or not** they may return to school on Monday, November 2nd.

Thank you for making every effort possible to keep us healthy and in school!

At the **November 11th** Board Meeting, the effectiveness of this new guidance will be reviewed.

~ Chris

Masks should not be worn by the following:

- Children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

CDC recognizes that wearing masks may not be possible in every situation or for some people. In some situations, wearing a mask may exacerbate a physical or mental health condition, lead to a medical emergency, or introduce significant safety concerns. Adaptations and alternatives should be considered whenever possible to increase the feasibility of wearing a mask or to reduce the risk of COVID-19 spreading if it is not possible to wear one. For example:

- People who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear masks if they rely on lipreading to communicate. In this situation, consider using a clear mask. If a clear mask isn't available, consider whether you can use written communication, use closed captioning, or decrease background noise to make communication possible while wearing a mask that blocks your lips.
- Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for advice about wearing masks.
- People who are engaged in high intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.