



DEAR PARENT AND GUARDIANS,

COVID 19 cases are on the rise in Minnesota and at Bdote Learning Center. We care about our school community and want to protect ALL our staff and students, especially those with underlying health conditions.

HELP LIMIT THE SPREAD OF ILLNESS BY TAKING THE FOLLOWING PRECAUTIONS:

- Clean and wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or having been in a public place.
- Avoid close contact with people who are sick.
- Keep space between you and others.
- Avoid touching your face, noses, and eyes.

WATCH OUT FOR COVID 19 SYMPTOMS:

- Fever
- Chills
- Cough
- Shortness of Breath
- Body Aches
- Headache
- Vomiting/Diarrhea
- New loss of taste or smell

YOUR STUDENT MAY ALSO BE INFECTED AND HAVE NO SYMPTOMS.

IF YOUR STUDENT HAS COVID 19 RELATED SYMPTOMS AT SCHOOL:

- The school will administer a rapid test.
- If the test is negative, then your child may remain at school if they wear a mask.
- If the test is positive, we will ask that you come and get your child.
- Per CDC guidelines children must stay home from school for 5 days after receiving a positive test. They may return to school after 5 days if they have been symptom free for 24 hours.

OPTING OUT OF RAPID TEST:

- To opt out of having your child tested if they have symptoms, please send an email to into@bdotelearningcenter.org.
- If you choose to opt your child out of testing and they have symptoms, we will ask that you come get them and give them a rapid test or isolate them at home for 5 days before returning.

These measures will allow us to continue to provide academic and language instruction IN PERSON and prevent school cancelation. If you have any questions or concerns, please reach out to our nurse, Tara Meyer, tara@navigatecare.com, (612) 202-8802.

FOR MORE INFORMATION VISIT: <https://bdote.org/health-%26-wellness>