

January 12, 2022

Hello Everyone,

Our top health goal is to keep our school open. We all need to do our part, big or small, to accomplish this goal. This is particularly important since the Omicron variant is more contagious and manifests less severe symptoms. This week we have seen our numbers rising in the Mancos School District. Several staff and students are home due to reasons related to Covid.

As we enter the new semester, it is essential to remember to keep each other safe. The best way to do this is for each of us to take personal responsibility for our health. It is recommended that we practice good sanitation with regular hand washing, get adequate sleep up to eight hours for adults and ten hours for students, eat nutritious food, exercise daily, wear appropriate clothing for the weather, get vaccinated including the booster, and most of all when you are sick to stay home. The most significant risk for the spread of Covid at school is coming to school with active symptoms. If you or your child is sick, please have them stay home. Please keep in mind our “[How Sick Is Too Sick](#)” protocol. No one wants to isolate or quarantine since being in either position is very stressful. But these are little steps compared to canceling any extracurricular activities, requiring masking, or closing our school. If you would like a home test or masks, these supplies are available at my office.

We still have to deal with Covid as a concern coming in the new year, and cases are surging in our community. The county is reporting about 30 cases a day, but we can keep our children, staff, and families safe if we all work together

Reminders:

- Free weekly Covid testing every Monday morning, one-time registration is required, for staff and students
- CDPHE Vaccination bus coming to the school on February 5, 2022, 10 a.m. to 5 p.m., open to the public for shots including the flu
- Home tests kits are available at the nurse’s office
- Masks are available at the nurse’s office

Thank you and stay healthy!!!