

MONTGOMERY COUNTY HEALTH DEPARTMENT

Montgomery County
Health Department



Your partner for a healthy community

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1/14/21

Dear Parents/Guardians:

This is to inform parents and guardians that a student athlete on the Montgomery County High School wrestling team self-reported a positive test for COVID-19 today. This student athlete last practiced on Wednesday, January 13, 2021. Due to overlap between the MCHS and McNabb wrestling teams, all activities for both teams will be suspended. Montgomery County Schools will work with the Montgomery County Health Department to determine when activities may resume.

Montgomery County Schools is working closely with the Montgomery County Health Department to identify anyone who had close contact with the person to determine if they might have been exposed to the virus that causes COVID-19. **If your child is identified as having been potentially exposed, the Montgomery County Health Department will contact you** to ask that you please stay home and monitor for symptoms of cough, shortness of breath, or a fever, and practice social distancing for 14 days from your last contact. If you are not contacted by the health department, you do not need to stay home or exclude yourself from activities at this time.

Parents should continue to monitor their child's health and the health of their families for COVID-19 symptoms. Children with COVID-19 generally have mild, cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported in some children.

Children with certain underlying medical conditions, such as chronic lung disease or moderate to severe asthma, serious heart conditions, or weak immune systems, might be at higher risk for severe illness from COVID-19. Contact your child's healthcare provider regarding any concerns.

Schools continue to utilize Center for Disease Control and Prevention (CDC) recommendations on Reopening Guidance for Cleaning and Disinfecting Public Spaces, to reduce viral transmission and keep our children and school personnel healthy and safe. Parents and family members can assist this effort by promoting healthy behaviors and following these practices:

- Stay home from school or work if sick, even if symptoms are mild.
- Wear a face covering in areas where physical distancing is difficult to maintain.
- Cover coughs and sneezes with a tissue (or sleeve), and then throw the tissue in the trash. Immediately wash your hands with soap and water for at least 20 seconds.
- Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching the eyes, nose and mouth with unwashed hands.
- Clean and disinfect surfaces that are often touched.
- Avoid close contact with people who are sick.
- Take care of your health overall. Stay current on your vaccinations, including the flu vaccine, eat well, and exercise to help your body stay resilient.

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