

Nurse's Notes

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2021

Most years, it takes time to write the new date, doesn't it? For me, I am so glad to see this new year, and I am hopeful for positive changes in our world.

New developments in testing -

With the arrival of the Binax testing system, and the increasing testing sites in Rhode Island, it is easier than ever to get tested. If your child or someone in your household is not feeling well, and exhibits any covid related symptoms, PLEASE keep them home until the testing results are in. So as a parent, if you are tested, please do not send in your children until your results are negative. We need a negative PCR before they can return to school.

Asymptomatic testing - we will be hearing more and more about this. Binax testing is designed for asymptomatic individuals - it gives a picture of how the positivity rate in the general population is. It also helps with mitigation, since when a positive person is identified, quarantining can take place protecting others from the spread of the virus.

General Reminders -

Our state is one of the top three areas in the world with such high numbers of cases of Covid-19.

Please remember to wear your mask whenever you leave your home, and always on our school campus.

Please make sure the masks fit you and your children snugly - if not, they are useless as protection.

Encourage your children to wash their hands often while in school, and use hand sanitizer.

Teach them safe distancing - you are their best teachers! This is very important during the winter months with much of our time spent indoors.

Vaccines -

Many people have already received their first dose of vaccine from either Moderna or Pfizer. We do not have control over which vaccine we will get, but once you receive your initial dose, the second dose will be from the same company. For Pfizer, the second dose will be administered after 21 days. For Moderna, it will be administered after 28 days. Keep track of your first date, and go online to see when you might be able to be vaccinated. The site is **C19vaccineRI.org**, and there is a great deal of information available here.

There is no cost to the individual for this vaccine - insurance companies may be charged, but you will not be.

It is crucial to remember that even after getting the vaccine, masks, safe distancing, and hand washing are still vital in protecting yourself and others. It will be some time before this changes. And always stay home and keep your children home if anyone is not feeling well.

As always, if I can be of any help to you, feel free to email me at mhabershaw@iccatholicschool.org

Take care and stay safe!