



We are a family here at NMP and we know that each of you is as concerned as we are about COVID-19. We trust that you will make the best decisions about the health and safety for your family, the church and preschool staff and our students. Please review the suggested recommendations listed below if you are on the go with family and friends over the holidays.

- If you have been in close contact (ex. within 6 feet for more than 15 minutes) with a person with a confirmed case of COVID-19, you will be required to stay at home for 14 days from the time you were exposed to confirmed COVID-19. If a COVID-19 test is performed with a negative result, the individual must remain at home until the end of the 14-day period to see if symptoms develop.
- NMP strongly encourages testing your entire family unit if (1) you are going to be traveling for the holidays, particularly air travel, or (2) attending an indoor gathering/meal with others outside of your household.
 - NMP recommends not sending children back to school until everyone in the family receives a negative result
 - COVID-19 testing is most accurate 5-7 days from exposure.
 - If you do not want to or cannot get tested, then consider keeping your child home from school for 14 days after your return home and/or after the event/gathering
- The CDC recommends;
 - Wear a mask in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around other people.
 - Avoid close contact by staying at least 6 feet apart (about 2 arms' length) from anyone who is not from your household.
 - Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer (with at least 60% alcohol).
 - Avoid contact with anyone who is sick.
 - Avoid touching your eyes, nose, and mouth.
- As always, continue to self-monitor at home for COVID-19 related symptoms and quarantine as needed.

For more information on testing, please visit <https://coronavirus.delaware.gov/testing-events/category/testing/>

For more information on traveling, please visit https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Ftravelers%2Ftravel-in-the-us.html

For more information on holidays; please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

CUT AND RETURN

Student Name _____

Parent Name _____

Parent Signature _____

Date _____