



Feb 23, 2022

Dear Parents and Guardians:

Light at the end of the tunnel?! We're crossing our fingers and hoping for the best!! We're sure everyone is aware that the mask mandate for our state was removed last Thursday by the governor. This change was due to the drop in the number of cases in NM and the high rate of vaccination in our state. We also met this morning with ECECD and Secretary Groginsky and staff to discuss these changes.

We now have the right to choose whether to mandate masks or not within our facility. **Going forward, parents will be able to decide whether they want their children to continue to wear masks within Gym Magic or not.** Our staff will also have the choice of whether to wear a mask or not. The exception to this will be anyone (student or staff) coming out of isolation (positive for Covid) or quarantine (close contact of a positive case) following their 5 days of isolation or quarantine: masks will still be required to be worn for the next 5 days (Day 6 - 10) per DOH as about 1/3 of positive individuals can still spread the virus during this time. Also, a vaccinated close contact, who will not have to quarantine because they are vaccinated, will be required to wear a mask for 10 days following their last day of exposure to the positive case.

We do still recommend that your student continue to wear a mask as Covid is still circulating in our community, but that decision will be left for each family to decide.

All other health precautions remain in effect at this time: temperature checks, maintaining distance, handwashing, sanitizing and cleaning. We are asking everyone to still be cautious and mindful of spread. Those who have health challenges are still advised to wear masks and take extra precautions (transplant patients, cancer patients, anyone who is immuno-compromised). If your child has previously tested positive for COVID-19, they do not need to quarantine after another exposure for the following 3 months unless they experience symptoms.

We will continue to follow all the NMDOH guidelines for sanitation and deep cleaning. Our first priority must always be the safety of our students and teachers. Our sincere hope is that everyone will continue to be cautious and importantly, let's work together and bring this motto to life: **Kindness, Honesty, Hard Work!**

You may call me at 575-644-3493, Dr. Nancy Bates (owner) or NMDOH at (505) 827-0006 if you have any questions. Thank you for your support in these efforts.



WHAT TO DO WITH YOUR COVID-19 AT-HOME TEST RESULT

Positive test result

Stay home for 5 days
(for both vaccinated and unvaccinated)



Stay at home in a room away from others in your household.



You **DO NOT** need to get an additional PCR test



If you have no symptoms after **5 DAYS**, you can leave your house **BUT** wear a mask for 5 more days.

If you have a fever, continue to stay home until your fever is gone for 24 hours

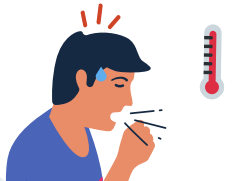


To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.

Negative test result

Have Symptoms


(for both vaccinated and unvaccinated)




- Cough
- Fever/Chills
- Shortness of breath
- Muscle or body aches
- Vomiting, diarrhea
- New loss of taste or smell

If possible, Get a PCR test OR Repeat at-home test in 1-2 days

Stay at home until you know your test result.

 If you test positive, follow the guidelines for a positive test result.

 If you test negative again, no other test is needed at this time.

If you can't get a test, assume you are positive and stay home

No Symptoms
(depends on vaccination status; see below)

No other test is needed at this time, except:
If you had close contact with someone with COVID-19: **If you are up to date on all vaccine that you are eligible for*:**

- Wear a mask around others for 10 DAYS
- Test on Day 5 if possible

If you are unvaccinated, not fully vaccinated or without a booster (not up to date):

- **Stay at home for 5 DAYS**
- Then wear a mask around others for 5 MORE DAYS
- Test on Day 5 if possible

If you develop symptoms, stay home and go to "HAVE SYMPTOMS" column



If you have any questions, please visit [cv.nmhealth.org/selftest*](https://cv.nmhealth.org/selftest) or call the Coronavirus Hotline: 1-855-600-3453



¿QUÉ HACER CON LOS RESULTADOS DE SU PRUEBA CASERA COVID-19?



Si obtuvo un resultado POSITIVO:

Debe permanecer en casa durante 5 días (para los vacunados y los no vacunados)



Permanezca en casa, en una habitación alejada de los demás miembros de la familia.



NO es necesario realizar una prueba PCR adicional



Si no tiene síntomas después de **5 DÍAS**, puede salir de su casa **PERO** use una mascarilla durante 5 días más.

Si tiene fiebre, continúe en casa hasta que la fiebre desaparezca por 24 horas



Para prevenir el contagio del COVID, informe a cualquier persona con la que haya tenido contacto cercano y anímela a hacerse la prueba, a vigilar los síntomas y a reducir la exposición a otras personas.



Si obtuvo un resultado NEGATIVO:

Tiene síntomas

(para los vacunados y los no vacunados)



- Tos
- Fiebre/escalofríos
- Dificultad para respirar
- Dolores musculares o corporales
- Vómitos, diarrea
- Nueva pérdida del gusto o del olfato

Si es positivo, Hágase una prueba PCR o repita la prueba casera en 1 a 2 días:

Quédese en casa hasta saber el resultado de la prueba.



Si el resultado es positivo, siga las recomendaciones para resultados positivos.



Si el resultado es negativo, no es necesario realizar otra prueba por el momento.

Si no puede hacerse una prueba, asuma que es positivo y quédese en casa

No tiene síntomas

(depende del estado de vacunación; vea abajo)

No es necesario realizar otra prueba por el momento, excepto

Si ha tenido un contacto cercano con alguien con COVID-19:



Si está al día con todas las vacunas a las que puede optar*:

- Use una mascarilla cerca de los demás durante 10 DÍAS
- Si es posible, haga la prueba el día 5



Si no está vacunado, no está totalmente vacunado o no tiene la vacuna de refuerzo (no está al día):

- **Quédese en casa por 5 DÍAS**
- Luego use una mascarilla alrededor de los demás durante 5 días más
- Si es posible, haga la prueba el día 5



Si desarrolla síntomas, quédese en casa y vaya a la columna "Sintomático".



Si usted tiene preguntas, por favor visite cv.nmhealth.org/selftest o llame a la línea directa de Coronavirus: 1-855-600-3453