



Our Lady Star of the Sea School  
PO Box 560, 90 Alexander Lane  
Solomons, MD 20688  
Phone (410) 326-3171  
Pastor: Father Ken Gill  
Principal: Mrs. Jennifer Thompson

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## HEALTH UPDATE

Dear OLSS family and Staff,

### FLU CASE IDENTIFIED

We have had our **first identified** case of Flu within the school this year. The individual was vaccinated and only showed symptoms of congestion and fatigue. It is important to note the symptoms of flu are typically cough, fever, headache, muscle aches, runny nose or congestion, sore throat, and less commonly GI symptoms. **However, those who are vaccinated** against the flu may only present with very mild symptoms and **may not have a fever**. Flu symptoms also mimic many symptoms of COVID. Please be aware that if you present with any of the above symptoms, even mild, or if you present with any of the COVID symptoms (any 1 of cough, shortness of breath, difficulty breathing, new loss of taste or smell, OR 2 of the following: fever, chills, muscle aches, sore throat, headache, nausea or vomiting, diarrhea, fatigue, and congestion or runny nose) **Please have your provider test for both COVID AND Flu A/B**. It is important to identify these illnesses correctly, as it will determine when a student or staff member can return to school and if a classroom must shutdown. **By identifying an alternative illness, like flu or strep, it can prevent unneeded classroom shutdowns**. Please remember if you are diagnosed with Flu, you should remain home at least 24 hours after fever has resolved without taking fever reducing medication and symptoms improved. **Those exposed to flu do not have to quarantine**. Please remember the first defense against the spread of these viruses is good handwashing practices. Please remember to remind your students to wash their hands frequently and keep their hands away from their face.

### OLSS Precautions Remain in Effect

While our COVID numbers in the community have improved and Governor Hogan begins to lift more restrictions, it is important to remember as a community we have a duty to protect each other. With spring near, more of us will be getting out and doing more activities with family and friends. Unfortunately, as we can see, we are not quite out of the cold and flu season and with the addition of COVID this year we must remain vigilant. **This is a reminder, that as Fr. Ken and Mrs. Thompson have addressed previously, we MUST remain cautious and continue to maintain precautions outside of school walls**. It is crucial that gatherings and activities maintain precautions including masking and distancing. **If OLSS students, staff, and families are gathering without precautions outside of school, and an individual in that group falls ill, this scenario could potentially cause an extensive quarantine or even an outbreak. An outbreak of COVID must be reported to the health department and will threaten our ability to continue in school learning**. This is a friendly reminder to not let our guard down and continue to work together to keep our OLSS community safe and in the school building for learning the remainder of the school year. If your student is absent for any reason, please remember to call or email the school, your students' teacher, and the school nurse. Please feel free to reach out with questions and concerns.

Sincerely,

Brandi Hutchins, OLSS School Nurse  
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