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关于所有 Multnomah 县学校接触者追踪和报告的更新

亲爱的 PPS 社区，

俄勒冈州卫生局（OHA）和 Multnomah 县卫生局（MCHD）今天发布了新的 K-12 学校接触者追踪和通知要求：

俄勒冈不再将在学校（包括校车）佩戴着口罩的接触视为暴露于病毒，无论距离远近。但仍应尽可能保持肢体距离。

MCHD、OHA 和俄勒冈州教育部指示学校将接触者追踪和通知 de 资源集中于：

- 在用餐时的暴露（当学生不戴口罩时）；
- 在室内学习或课外活动期间的暴露。（提醒：PPS 继续要求学生在校园（室内外）和校车上必须一直都戴口罩。我们认识到，在我们的学校里，某些特定环境可能会带来更高的暴露风险。我们将继续监测并建立此类环境的协议，以限制和减轻暴露）。

这意味着，如果你的学生是*近距离接触者*，你将不再收到通知，除非暴露是发生在没有戴口罩的情况下。

此外，学校将不再需要向 OHA 报告在校抗原检测结果为阴性。但仍需向公共卫生部门报告阳性抗原检测结果。

在我们社区中 Omicron 变种的高度传播期间，我们知道在这种情况下最好的保护措施是疫苗、加强针和口罩，以避免严重病情。请继续监测 COVID-19 [症状](#)，如果你有任何症状，请留在家中。

请阅读以下 Multnomah 县主席 Deborah Kafoury 和 MCPH 主任 Jessica Guernsey 今天给所有 Multnomah 县学生和家长的信，其中包含公共卫生官员的指示：



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<p>Health Department</p>  <p>January 13, 2022</p> <p>Dear Multnomah County students and families,</p> <p>COVID is spreading quickly in our community, and the emergence of the Omicron variant has forced Public Health to mount a dramatic course change in hopes of meeting this new challenge.</p> <p>We know it is very important for children and youth to learn in person for the sake of their overall lifelong health and wellbeing. The changes we describe below should do more to help schools stay open and keep students in class while addressing the reality that this virus is becoming widespread in our community.</p> <p>People who are vaccinated can still get COVID, especially if it has been more than five months since a person got the original shots (two Pfizer, two Moderna, or one Johnson & Johnson). But most vaccinated people who get sick will get a mild flu-like illness and feel better after a few days at home. Many may not feel sick at all.</p> <p>The sheer speed of Omicron means that many people are exposed, infected and contagious before we can even identify a case. Much less get away to those who are exposed. The best protection under these circumstances are vaccines, boosters, and masks to avoid serious illness. And it is also why, this week, Multnomah County is also advising schools to change course on contact tracing. This means you may not get a notification if your child is exposed.</p> <p>The Multnomah County Health Department recommends that all resources allow schools prioritize contact tracing only in the following circumstances:</p> <ul style="list-style-type: none"> Exposures during mealtimes when masks can't be worn. This approach will require assignment and tracking of lunch "pods." Any indoor learning or extracurricular activities that do not include masks. <p>Multnomah County Health Department recommends that schools continue:</p> <ul style="list-style-type: none"> Quarantining people who are sick, or have a positive COVID test, to stay home and isolate for five (5) days. They can return on Day 6 with a well-fitting mask if they are feeling better. They do not need a negative test to return. Making sure everyone is using a well-fitted mask as much as possible. <p>Multnomah County Health Department recommends that families and staff:</p> <p>619 NW 6th Ave • Portland, Oregon 97209 • Phone: 503.988.3674</p>	<ul style="list-style-type: none"> Get every recommended COVID vaccine they are eligible for including boosters, as soon as possible. Use well-fitting masks indoors. Keep sick kids home when they are sick, even if they test negative for COVID. Anyone with a fever should stay home until the fever has been gone for 24 hours (without the use of medicines that lower fever). <p>We want to acknowledge the profound pandemic fatigue people are experiencing and the concern you have for your family and school community. Like you and so many others, we are adjusting as the virus evolves. Your attention to Public Health recommendations has helped keep our case counts and hospitalizations to some of the lowest rates per capita in the nation. We appreciate your continued partnership in this fast-moving and very unprecedented situation.</p> <p>Sincerely,</p>  <p>Deborah Kaloupek Multnomah County Chair</p>  <p>Jessica Guernsey, MPH Multnomah County Public Health Director</p>
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感谢你们的耐心和理解，感谢你们为维护我们社区的安全所做的努力。

波特兰公立学校