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Actualización sobre el seguimiento y la notificación de contactos en todas las escuelas del Condado de Multnomah.

Estimada comunidad de PPS:

La Autoridad de Salud de Oregón (OHA) y el Departamento de Salud del Condado de Multnomah (MCHD) publicaron nuevos requisitos de seguimiento y notificación de contactos para las escuelas K-12 hoy:

Oregon ya no considerará como un contacto expuesto al virus si estaban usando máscaras en las escuelas (incluidos los autobuses escolares), independientemente del distanciamiento. El distanciamiento físico aún debe practicarse en la medida de lo posible.

MCHD, OHA y el Departamento de Educación de Oregon sugieren que las escuelas concentren los recursos de rastreo y notificación de contactos en:

- Exposiciones que ocurren durante las comidas (cuando los estudiantes no están usando máscaras).
- Exposiciones durante el aprendizaje sin máscaras en interiores o en actividades extracurriculares. (Recordatorio: PPS continúa requiriendo que las personas usen máscaras en todo momento mientras se encuentran en las instalaciones escolares (interiores y exteriores) y en los autobuses escolares. Reconocemos que en todas nuestras escuelas hay ciertos entornos que pueden presentar un mayor riesgo de exposición. Continuaremos monitoreando y estableciendo protocolos para dichos entornos con el propósito de limitar y mitigar la exposición).

Esto significa que ya no recibirá una notificación si su estudiante es un contacto cercano, a menos que la exposición ocurra durante situaciones sin máscara.


Además, ya no se requerirá que las escuelas informen los resultados negativos de las pruebas de antígeno a la OHA. Aún se requerirá informar los resultados positivos de la prueba de antígeno a las autoridades de salud pública.

Durante este período de alta transmisión de la variante Ómicron en nuestras comunidades, sabemos que las mejores protecciones en estas circunstancias son las vacunas, las dosis de refuerzo y el uso de máscaras para evitar enfermarse gravemente. Continúe monitoreando los [síntomas](#) de COVID-19 y quédese en casa si tiene alguno de esos síntomas.



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Lea la carta emitida hoy, de la presidenta del Condado de Multnomah, Deborah Kafoury, y la directora de MCPH, Jessica Guernsey, a todos los estudiantes y familias del condado de Multnomah. Esta carta contiene instrucciones de los funcionarios de salud pública:

Health Department 

January 13, 2022

Dear Multnomah County students and families,

COVID is spreading quickly in our community, and the emergence of the Omicron variant has forced Public Health to incur a dramatic course change in hopes of meeting this new challenge.

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.

People who are vaccinated can still get COVID, especially if it has been more than five months since a person got the original shot, (two Pfizer, two Moderna, or one Johnson & Johnson). But most vaccinated people who get sick will get a cold like flu and feel better after a few days at home. Many may not feel sick at all.

The slow speed of Omicron means that many people are exposed, infected and contagious before we can even identify a case, much less get word to those who are exposed. The best protections 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.

The Multnomah County Health Department recommends that as resources allow, schools prioritize contact tracing only in the following circumstances:

- Exposures during mealtimes when masks can't be worn. This approach will require assignment and tracking of lunch "pods."
- Any indoor evening or recreational activities that do not include masks.

Multnomah County Health Department recommends that schools continue:

- Directing 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.


Multnomah County Health Department recommends that families and staff:


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- 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).

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 adapting 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 truly unprecedented situation.

Sincerely,


Deborah Kafoury
Multnomah County Chair


Jessica Guernsey, MPH
Multnomah County Public Health Director

Gracias por su paciencia y comprensión, y por hacer su parte para mantener segura a nuestra comunidad.

Escuelas Públicas de Portland