

COVID-19

Resources and Guidance

Community Testing Opportunities

The federal government's free rapid test site IS LIVE NOW. You can secure up to 4 free antigen tests from this site: <https://www.covidtests.gov/>

- These are free home tests
- It allows 4 tests per household
- These are un-proctored (not monitored by health officials or websites), but are reliable tests if administered accurately

At home COVID tests are also reimbursable through insurance, you can find out more here: <https://www.cms.gov/how-to-get-your-at-home-OTC-COVID-19-test-for-free>

- If you have insurance, you can be reimbursed for the purchase of COVID tests from the pharmacy or on-line

Masking Information

The omicron variant is highly transmissible, and currently, our community is in a surge for this variant. During periods of high transmission of COVID, it is recommended that people use layered levels of mitigation, including masking, when indoors or in large groups within 6 feet of other people.

N95 masks provide the highest level of protection if well fitted. However, it is not always practical to wear an N95 for long periods of time (especially in school settings where you need to be talking during instructional periods).

Surgical masks provide a high level of protection when well fitted. You can better the fit of a surgical mask by knotting it as demonstrated in this video:

https://www.youtube.com/watch?v=kTW_nTsVaNE

Be committed. Be well. *Be kind.*