

WRESTLING SCHEDULE UPDATES:

*Thursday, January 21: Raymond Central/North Bend Triangular at East Butler - Wrestling Parent's Night

*Tuesday, January 26: Crossroads Conference at East Butler. Wrestling starts at 4:00 P.M.

*Saturday, February 6: Wrestling Sub Districts at East Butler

BOYS AND GIRLS STATE WILL BE JUNE 13-19. Boys State will be held on the campus of the University of Nebraska at Lincoln. Girls state will be held virtually. Boys & Girls in the Junior class are eligible to apply. This year Boys & Girls State does not conflict with the ACT or Close Up. Please see Mr. Cidlik for an application.

CONGRATULATIONS TO THE KNIGHTS OF COLUMBUS COUNCIL #8889

CHAMPIONS: Age 9 – Rayne Pelan and Michael Pekarek; Age 10 – Eva Vandenberg; Age 11 – Margret Pekarek and Gunner Fencl; Age 12 – Isabella Christian and Grant Kozisek; Age 13 – Lillie Kriz and Anthony Sesemann; Age 14 – Hannah Strizek. The district contest will be held in Wahoo on February 14, 2021, time TBA.

THE EAST BUTLER PUBLIC SCHOOL WILL BE PARTICIPATING IN THE NATIONAL COVID-19 SCHOOL MEAL WAIVER. This allows school breakfast and lunch to be provided to ALL of our students FREE. However, students will continue to be charged for seconds or extra milk, as that is not part of the regular meal. Please note that if you would like to have breakfast it MUST be ordered ahead of time. This program started on Monday, September 28th, and is approved through May 17th, 2021.





Up to six free appointments, which may include assessment services. Offered in English and Spanish.

MMI REACH Clinic

Free Behavioral Telehealth Services for Children and Adolescents

The MMI Psychology Department at UNMC is offering free behavioral telehealth treatment and assessment services. **This service is available for families regardless of insurance coverage.**

Therapy and assessment services are offered via Zoom (a free teleconferencing platform via smartphone, tablet or computer) or by phone.

To schedule an appointment call **402-559-6408**. State that you are interested in scheduling an appointment with the REACH Clinic at MMI.

This is a non-emergency service. If your family is experiencing an emergency, please contact the Nebraska Family Helpline at 888-866-8660 or 911.

Our behavioral health clinicians can provide the following support:

- Managing difficult child behaviors (difficulty following directions, difficulty at meal times, school refusal, sleep concerns)
- Provide treatment for youth with mood concerns, anxiety and self-harm behaviors
- Provide diagnostic assessment services
- Help with developing positive family communication and relationships
- Connect families with local resources
- Help families cope with COVID-19 (scan code below)



COVID EXPOSED HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you are a **close contact**. You must quarantine.

FOR THE NEXT 14 DAYS...

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WEAR A MASK

Whenever you are with any other people, even if you are at home.

Make sure it fits over your mouth and nose.

CALL YOUR DOCTOR and GET TESTED IF YOU HAVE COVID-19 SYMPTOMS.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

STAY HOME

If you can't stay home or away from others for 14 days, you *may* be able to shorten your in-home quarantine by meeting the conditions below.



You can get tested on or after day 5. If your test is negative you may be able to discontinue in-home quarantine on day 8 if you don't have symptoms. **Note: antibody tests do not count.**

With a negative test - If you have **no symptoms on or before day 7 and tested negative on or after day 5**, you can discontinue in-home quarantine on day 8. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

Without a test - If you have **no symptoms on or before day 10**, you can discontinue in-home quarantine on day 11. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

LAST DAY OF QUARANTINE

COVID-19

HOW TO WEAR A MASK

While you are in quarantine or in isolation, wearing a cloth face mask at home could stop coronavirus from spreading to the people you live with. Not everyone who has been close to someone with COVID-19 will catch it.

WEAR IT AT HOME

If you live with other people.

DURING ISOLATION OR QUARANTINE



WEAR IT ALL THE TIME

Wear your mask at all times when you are in isolation or quarantine.

Tell the people who live with you that they should wear a mask at all times too.

YOUR MASK SHOULD

- Fit snugly but comfortably.
- Stay in place over your nose and mouth with ties or loops.
- Have at least 2 layers of cloth.
- Allow you to breathe.
- Be able to be washed and machine dried without damage or change to shape.

FACE MASKS SHOULD NOT BE WORN BY CHILDREN UNDER TWO YEARS OLD

COVER YOUR MOUTH & NOSE

Make sure your mask fits right and covers both your mouth and nose.

WASH YOUR MASK DAILY

Put the mask in the dirty laundry as soon as you take it off.

Use hot water between each daily use. You can use your washing machine.

WASH YOUR HANDS

Before you put the mask on and right after you take your mask off.

DON'T TOUCH YOUR FACE

Avoid touching the mask and your face while you are wearing a mask.

www.nalhd.org

COVID POSITIVE HOW TO ISOLATE

If you tested positive or have symptoms of COVID-19, you must isolate.

NO VISITORS

STAY HOME

Until at least 10 days after your symptoms first appeared...

AND you have been fever-free for 1 full day (without fever-reducing medicine)...

AND all your other symptoms are better.

NO SHARING

Do *not* share towels, silverware, cups, bowls, or plates with anyone else in your home.

WASH YOUR HANDS OFTEN

With soap and water, for 20 seconds each time you wash them.

WEAR A MASK

Over your mouth and nose.

Even at home if you live with other people.



CLEAN ALL "HIGH TOUCH" SURFACES EVERYDAY

Clean things you and your family touch a lot: like counters, tabletops, doorknobs, sink faucet handles, toilets handles, phones, keyboards, tablets, and bedside tables.

COVER YOUR COUGHS & SNEEZES.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw used tissues in a lined trash can; immediately wash your hands.

STAY AWAY FROM PEOPLE YOU LIVE WITH

Stay in a separate part of your home as much as possible.

Use a different bathroom if you can.

LIMIT CONTACT WITH PETS.

Just to be safe experts recommend that people who are isolating avoid touching their pets until we know more how coronavirus spreads.

Wear a mask. Stay in school.



COVID-19 School Scenarios

with no documented transmission in the classroom setting

EVERYONE MASKED

When a masked person tests positive and close contacts are wearing masks

COVID +

Close Contacts



ISOLATE

SELF-MONITOR
NO QUARANTINE

CLOSE CONTACTS MASKED

When an unmasked person tests positive and close contacts are wearing masks

COVID +

Close Contacts



ISOLATE

QUARANTINE

Close Contact:

Occurs when an individual has been within 6 feet of a person, whom tested positive for Covid-19, for at least 15 minutes.

Self-Monitor:

Perform a self-check or be monitored twice daily for a fever of 100.4 F or above and symptoms for fourteen days. **Coordinate with your health care provider and local public health department.**

Quarantine:

May be required when an individual has had a close contact. These individuals shall remove themselves from situations where others could be exposed/infected, and self-monitor for symptom development.

CLOSE CONTACTS UNMASKED

When a masked person tests positive and those exposed are not wearing masks

COVID +

Close Contacts



ISOLATE

QUARANTINE

SELF-MONITOR
NO QUARANTINE

NO ONE MASKED

When an unmasked person tests positive and close contacts are not wearing masks

COVID +

Close Contacts



ISOLATE

QUARANTINE

Isolation:

Required when individual has tested positive for COVID-19 or develops a fever of 100.4 F or above and/or one or more of the following symptoms: a sudden onset of a cough, sudden onset of shortness of breath, or sudden loss of taste or smell. Individuals should remove themselves or be removed from situations where others could be exposed/infected.

COVID-19 is spreading in Nebraska

Here's what you can do to stay safe and stop the spread:

Avoid the Three Cs

1. Crowded Places



Avoid gathering in groups where you can't maintain 6-feet distance from others.

2. Close Contact



Wear a mask or **maintain** 6-feet distance when you're with people you don't live with.

3. Confined Spaces



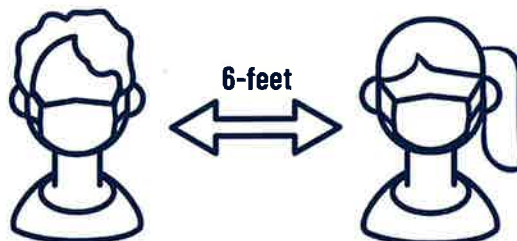
Avoid enclosed spaces with poor ventilation.

AT WORK, AT SCHOOL, AT SMALL AND LARGE GATHERINGS, AND EVERYWHERE YOU GO

WHEN YOU SPEND MORE THAN 15 MINUTES WITH OTHER PEOPLE ...



Avoid crowded places and limit time in enclosed spaces.



Wear a mask over your nose and mouth or **maintain** 6-feet distance from people you don't live with.



Wash your hands often.

Version - October 15, 2020