

Weekly COVID-19 Testing for ALL Members of Our GS Community (Faculty, Staff, Students, & Church Staff)

Dear **HFGS Families, Faculty, Staff, Students, and Friends,**

I hope that this email finds you well and here is an update for each one of you -

For more preventive strategies against COVID-19, Holy Family Grade School - Glendale:

1. Is using an air purifier that eliminates 99.9% bacteria and viruses in every classroom;
2. Will start to use an infrared self-standing support thermometer in the far gate entrance and main school lobby door starting Monday, 8/30/21;
3. Has received its first set of PCR molecular test units done through a (home) self-administered nasal swab to be distributed on Mondays and this anterior nasal swab specimen is safely returned on Tuesdays for TK-8th Grade students, faculty, staff, and Church staff. This will begin on Monday, 8/30/21;
4. Will do the same PCR molecular test at home for each athlete receiving the unit on Thursdays and returning the specimen on Fridays. This will begin on Thursday, 9/2/21;
5. Will continue to implement our management plan to ensure safety and hygiene for all.

Note: The instructions on set-up, specimen collection, preparation of specimen for return, returning the specimen and clean-up will be emailed to you. Since weekly testing is part of the CDC guidelines for all TK – 12th schools, we pray that ours will be successful in guiding us all. Regular testing, along with COVID-19 vaccination (for those eligible), helps protect students, staff, and family members. This type of testing will help keep students in the classroom and allow them to take part in the other activities they love.

Please know that we are all committed to taking the steps necessary to help us stop the spread of COVID-19.

Who will be tested?: We will offer testing to everyone – all students and staff – even if they don't have symptoms of COVID-19.

How is the testing done?: The COVID-19 testing is of no-cost, quick, and easy as we all follow the instructions. It is self-administered at home. The children will be assisted by an adult at home. Mrs. Ashley Liberda and a Parent Nurse Volunteer will explain during the student assembly on Monday.

Where and when is the testing done? At home and on Mondays (TK -8th Grade) / At home and on Thursdays (all athletes).

Will you be billed? Our school is fortunate to have received a NO - COST weekly testing c/o CARES Act.

Finally, we are extremely grateful to our committed families and staff who continue to show great flexibility and resilience as we work together to contain the spread of this virus.

Thank you always for your time, trust, and support.
Dr. Suelto

How to Collect an Anterior Nasal Swab Specimen for COVID-19 Testing



Use **only** an authorized specimen collection kit given to you by your healthcare provider or personnel at the testing center, or purchased over the counter in a pharmacy or other store. Follow the instructions included with the specimen collection kit which may be used on-site or at home. Use **only** materials provided in the kit to collect and store or mail the specimen, unless the kit says to do otherwise. These instructions can also be used with self-testing kits if the kit specifies anterior nasal swab collection.

Set-up

1. Disinfect the surface where you will open the collection kit. Remove and lay out contents of kit. Read instructions before starting specimen collection.



2. Register on the website **lab-fast.com** and enter barcode number from the specimen tube.

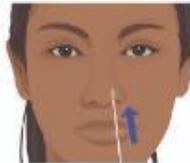
USE Number LOCATED BELOW THE BARCODE and press SUBMIT

Specimen collection

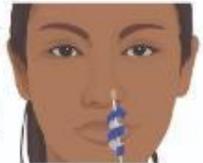
3. Remove the swab from the package. Do not touch the soft end with your hands or anything else.



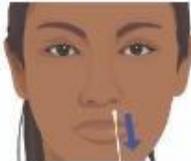
4. Insert the entire soft end of the swab into your nostril **no more than ¼ of an inch (1.5 cm)** into your nose.



5. Slowly rotate the swab, gently pressing against the inside of your nostril at least 4 times for a total of 15 seconds. Get as much nasal discharge as possible on the soft end of the swab.



6. Gently remove the swab.



7. Using the same swab, repeat steps 4–6 in your other nostril with the same end of the swab.

8. **Preparation of specimen for return**

Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube. Place the cap on the tube and screw down tightly to prevent leakage.



9. **Returning the specimen and clean-up**

Place the tube containing the swab in the biohazard bag provided and seal the bag.



10. Your results will arrive via your email within 48 hours of taking the test.

Take a photo of your barcode in case of error.

COVID TESTING APPOINTMENTS, LLC

