



Important Information about the Coronavirus

Dear Families,

By now you know that cases of the Coronavirus (COVID-19) have been found in the United States and in Nebraska. We understand that this news is worrisome and that extra attention will be placed on schools in the coming days.

As with any contagious illness, we are working closely with the Central District Health Department (<https://cdhd.ne.gov/>) and will follow their guidelines.

Our students are depending on us to make sure they are safe. Part of that responsibility is to pass along the proper information about the disease and how best to prevent it from spreading. There are some simple, everyday steps you can take to reduce your chances of exposure and to protect others. Fortunately, those steps are the same that you would take to prevent the flu, the common cold, and other respiratory illnesses:

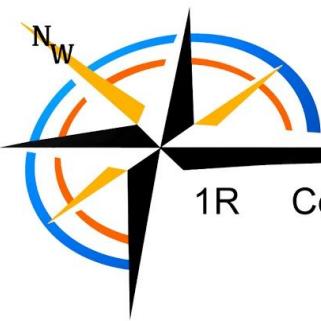
Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue (or sleeve) and throw the tissue away.
- Clean and disinfect surfaces that are often touched.
- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Take care of your health overall. Staying current on your vaccinations, including the flu vaccine, eating well, and exercising all help your body stay resistant to disease.
- Consult the [Centers for Disease Control and Prevention \(CDC\) travel website](https://www.cdc.gov/travel/) for any travel advisories and steps to protect yourself if you plan to travel outside of the US.

To prevent stigma and discrimination, use only the guidance described by the Central District Health Department and state public health authorities. Please don't hesitate to reach out to me with any additional questions.

Sincerely,

Jeffrey E. Edwards, Ed.D
Superintendent
Northwest Public School



NORTHWEST PUBLIC SCHOOLS

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Cedar Hollow

Chapman

St. Libory

Northwest



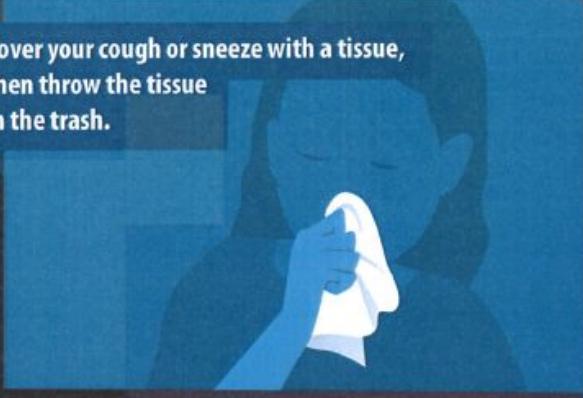
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory viruses like 2019 novel coronavirus.

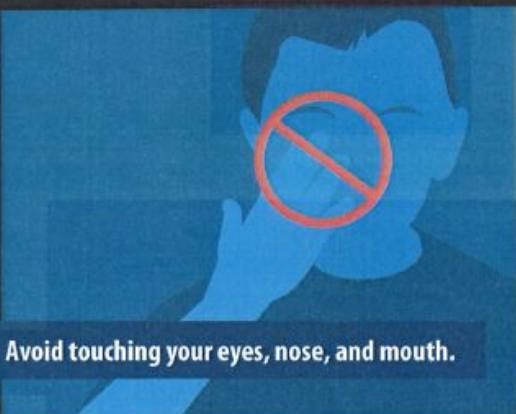
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



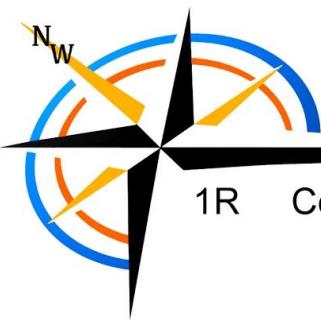
Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/nCoV



2019-nCoV: What the public should do

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. (www.cdc.gov/nCoV)
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
 - » Avoid close contact with sick people.
 - » While sick, limit contact with others as much as possible.
 - » Stay home if you are sick.
 - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
 - » Clean and disinfect surfaces and objects that may be contaminated with germs.
 - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

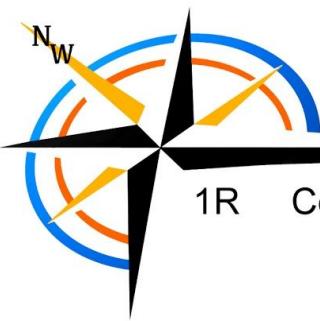
What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.



For more information: www.cdc.gov/nCoV



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COVID-19



What do parents need to know?

WHAT ARE WE DOING?

The school district is working with health officials and emergency management to put plans in place to slow the spread of diseases to help ensure students have safe and healthy learning environments.

Planning

- We are collaborating, sharing information, and reviewing plans with local health officials to minimize disruption to teaching and learning and help protect the whole school community.
- We will follow normal protocols for school closing determinations with the guidance of local public health.

Communication

- We will use our normal communication channels to share updates, tips, and additional guidance.
- We will continue to promote common-sense preventative actions.

Response

- We are following school environmental cleaning recommendations set by the CDC.
- We are working with public health; monitoring and planning for potential absenteeism.
- We are following guidelines from local public health and the CDC.

We are working to ensure you are updated with information on the ever-changing COVID-19 situation; this is not to cause panic, but to ensure we are prepared. Please visit the CDC website for the most up to date information.

Schools: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

At home: <https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>



WHAT CAN YOU DO?

Follow local public health guidance to help prevent the spread of respiratory diseases like COVID-19.

Prepare for social distancing

- Be prepared if your child's school or childcare facility is temporarily dismissed.
- Plan for potential changes at your workplace.
- Avoid close contact with people who are sick.
- Stay home when you are sick. Call public health before seeking medical care.

Practice good personal health habits

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water for at least 20 seconds.

Central District Health Department

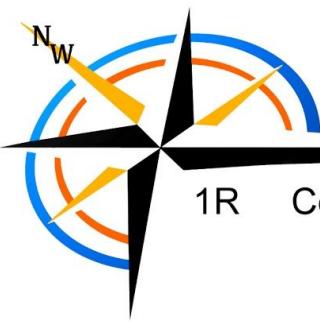
1137 S. Locust St.

Grand Island, NE 68801

(308) 385-5175

www.cdhd.ne.gov





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COVID-19

¿Qué necesitan saber los padres?

QUE ESTAMOS HACIENDO

El distrito escolar está trabajando con oficiales de salud y manejo de emergencias para establecer planes para disminuir la propagación de enfermedades para que los estudiantes tengan un ambiente seguro y saludable donde estudiar.

Planificación

- Estamos colaborando, compartiendo información y revisando planes con los oficiales locales de salud para reducir interrupciones en el aprendizaje y ayudar a proteger a toda la comunidad escolar.
- Seguiremos los protocolos normales para determinar el cierre de las escuelas con la guía de la salud pública local.

Comunicación

- Utilizaremos nuestros canales de comunicación normales para compartir actualizaciones, consejos y orientación adicional.
- Continuaremos promoviendo acciones preventivas de sentido común.

Respuesta

- Estamos siguiendo las recomendaciones de limpieza ambiental en las escuelas establecidas por los CDC.
- Estamos trabajando con la salud pública; monitoreando y planificando para el posible absentismo.
- Estamos siguiendo las normas de la salud pública local y los CDC.

Estamos trabajando para garantizar que esté actualizado con información sobre la situación cambiante de COVID-19; esto no es para causar pánico, pero para garantizar de que estamos preparados. Visite el sitio web de los CDC para obtener información más actualizada.

Escuelas: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

En casa: <https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>



QUÉ NECESITAN SABER LOS PADRES

Siga las normas locales de salud pública para ayudar a prevenir la propagación de enfermedades respiratorias como COVID-19.

Prepárate para el distanciamiento social

- Esté preparado si la escuela de su hijo o el centro de cuidado infantil se despiden temporalmente.
- Planifique posibles cambios en su lugar de trabajo.
- Evite el contacto cercano con personas que están enfermas.
- Quédese en casa cuando esté enfermo. Llame a la salud pública antes de buscar atención médica.

Practique buenos hábitos de salud personal.

- Cubra su tos o estornude con un pañuelo desechable, luego tírelo a la basura.
- Evite tocarse los ojos, la nariz y la boca.
- Limpie y desinfecte objetos y superficies que se tocan con frecuencia.
- Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos.

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