

## SCHOOL NURSE GUIDANCE FOR PARENT LETTER

Tips for stopping the spread of the Coronavirus (COVID-19).

- Wash your hands for at least 20 seconds or use hand sanitizer after eating, using the restroom, coughing, sneezing, or touching your face.
- Cover your coughs and sneezes with a tissue or your sleeve. Throw away the tissue and then properly sanitize your hands.
- Discourage touching your face, sharing drinks, food, or facial products.
- Discourage handshaking, high-fives, and other forms of close contact.
- If you are sick stay home from school, work, or other gatherings.
- You should be fever free for 24 hours without medication before returning to work or school.
- If you develop symptoms of a fever (100.4 degrees or greater), a cough or shortness of breath please call your healthcare provider before going in to their office. This will help to prevent the spread of viruses.
- Clean high touch surfaces (e.g., door handles, faucets, and light switches) daily.