

## Information on the Coronavirus 2019 (COVID-19)

Dear Seymour Community Schools' Family,

We want to share with you updates to our plans and guidance for family and staff with regards to the global outbreak of COVID-19. SCSC is working closely with the Jackson County Health Department and Emergency Management as well as Schneck Medical Center to monitor the situation. As with all illnesses, handwashing is the most effective way to stop the spread. Please remind your students to wash their hands thoroughly (for at least 20 seconds) and to practice good hygiene. Our custodial staff diligently cleans and disinfects surfaces throughout each school building on a daily basis.

### **Coronavirus Disease 2019 (COVID-19) Symptoms**

COVID-19 is a virus that causes respiratory illness. Coronaviruses are a large family of viruses that are common in people and many species of animals. The symptoms of COVID-19 appear to be similar to the seasonal influenza. These symptoms can include fever, cough, and shortness of breath. Symptoms may appear 2-14 days after exposure and may be mild to severe, just like influenza.

### **How COVID-19 Spreads**

The virus is thought to spread mainly from person-to-person

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The virus can also spread from contact with infected surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### **Precautionary Measures**

Good hygiene practices are the best way to prevent the spread of any kind of illness:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Cough or sneeze into your sleeve, rather than your hands, if a tissue is not available.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others.

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- If you develop flu-like symptoms, **call** your healthcare provider to determine next steps for care.
- Parents are reminded **not** to give aspirin to children with flu symptoms to alleviate fever, as it can put the child at risk for Reye's Syndrome, a potentially fatal disease.

We have added steps and increased the frequency of our already-thorough cleaning processes. Custodians will work to sanitize public surfaces, throughout the day, instead of just at the conclusion of the day. We are also increasing the frequency of cleaning in our classrooms, lunchrooms, and school buses.

### **What happens if SCSC has to close school?**

- If SCSC must close schools, we will utilize eLearning days for the duration of the closure period. Students should consider taking home their Chromebook and other study materials for Spring Break as a precaution.
- We will follow the guidance of state and local health officials to determine the length of the closure and make educationally related decisions accordingly.

### **What is the plan for extra-curricular activities?**

- At this time, we plan to continue with extra-curricular activities as scheduled. We want to honor our commitment to our students who have worked hard to prepare for these events and competitions. The general rule of thumb: If school is closed due to COVID-19, all extracurriculars (including practices and meetings) will be canceled as well. Specific directions will be provided if a closure becomes necessary.

### **How should I protect myself and my family?**

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Face Masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).

### **What should I tell my student who is worried about COVID-19?**

We are seeing students who are feeling anxious about COVID-19. They are looking to adults for guidance on how to react. We can reassure them that the school and their family are working hard to help them stay healthy and stop the spread of germs. The National Association of School Psychologists has developed a document for parents (available below and at [this link](#)) with some tips for parents, including:

- Remain calm and reassuring.
- Monitor your child's television viewing and social media.
- Be honest and accurate.
- Know the symptoms of COVID-19.
- Review and model basic hygiene and healthy lifestyle practices for protection

### **COMMUNICATION PLANS**

Please understand that this is an incredibly fluid situation and as such communication will be fluid as well. As information becomes available from state and local officials, we will make educationally related decisions accordingly and will deliver it to families as soon as possible using our traditional methods such as local news media, radio, School Messenger, social media and school websites.

### **LINKS TO MORE INFORMATION**

- **CDC: Coronavirus Disease 2019 (COVID-19)**  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Spanish-CDC: Coronavirus 2019 (COVID-19)**  
<https://www.cdc.gov/coronavirus/2019-ncov/index-sp.html>
- **CDC: Handwashing: Clean Hands Save Lives**  
<https://www.cdc.gov/handwashing/when-how-handwashing.html>
- **CDC: Information for Travelers Regarding Coronavirus-2019**  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- **Riley Hospital: What parents need to know about COVID-19**  
[https://www.rileychildrens.org/connections/what-parents-need-to-know-about-covid-19?fbclid=IwAR36sLXmrMjnXGR6m68U-4Sg\\_2iVNn7iBx5pxg530flcikeUodOXr1pxWxQ](https://www.rileychildrens.org/connections/what-parents-need-to-know-about-covid-19?fbclid=IwAR36sLXmrMjnXGR6m68U-4Sg_2iVNn7iBx5pxg530flcikeUodOXr1pxWxQ)

- **SAMHSA: Coping With Stress During Infectious Disease Outbreaks**  
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>