



ELKINS SCHOOL DISTRICT

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March 11, 2020

Parents and Guardians,

Elkins School District has been and will continue to take the most proactive approach possible to prevent the contraction and/or spread of Influenza, COVID-19, and all other contagious illnesses. In order to maintain student health and wellness at the highest possible degree we need your help in reinforcing healthy practices with your children such as reminders for regular, thorough hand washing. Below you will find a list of some of the most common practices that should be employed in order to prevent the spread of all types of contagious illness.

Healthy Practices/Illness Prevention Strategies

1. Stay calm and encourage your child(ren) to:
 - Wash or sanitize their hands thoroughly before eating, after eating, after using the bathroom
 - Cover a cough/sneeze with elbow or tissue
 - Avoiding touching their face, mouth, eyes, or nose
 - Clean/disinfect all high-touched surfaces every day (examples: cell phones, door knobs, table tops, keyboards/laptops)
 - Avoid sharing food items, drinks, or any other items that come into contact with mouth secretions
 - Do NOT wear a mask unless they are ill or are in a room with someone who is ill

2. In the event of illness, parents/guardians should:
 - Keep your child home for mild symptoms such as runny nose, headache, cough, sore throat, fever, or general feeling of being unwell
 - You should consult/contact a doctor if your child has
 - a. Any fever ≥ 100.4
 - b. Respiratory distress (including a barking cough or increased work of breathing)
 - Follow common sense guidelines for returning to work or school—no fever for 24 hours, no disruptive coughing, and your child feels well enough to participate

Sincerely,

Jeremy Mangrum
Superintendent

"Committed to Excellence"