



Coronavirus (COVID-19)

A Letter from the School Nurse

March 12, 2020

Chandler Public Schools is working closely with the Lincoln County Health Department and has been carefully monitoring the recent spread of the Coronavirus (COVID-19) that has caused a worldwide health crisis.

What is the Coronavirus?

Coronaviruses make up a large family of viruses, many of which infect animals. Sometimes, these viruses can evolve into human viruses that can spread from person-to-person. This is what has recently happened.

What are the symptoms of the Coronavirus (COVID-19)?

COVID-19 shows symptoms similar to other respiratory viruses including:

- Cough
- Fever
- Shortness of Breath

How is it spread?

It is spread like many other respiratory illness, such as the flu. Most common ways include:

- Droplets (from coughs or sneezes)
- Close contact to an infected individual
- Touching an object that has the virus on it; then, touching your mouth, nose, or eyes without washing your hand first.

What is the treatment?

There is currently no specific treatment or vaccine for COVID-19. Like many other viruses, it just has to run its course. Complications with this virus are possible, but are not likely in the majority of the population.

What is our school district doing?

- Our custodial staff along with other school staff are frequently disinfecting commonly used objects and surfaces.
- Handwashing education and promotion along with personal hygiene education is being provided to students.
- Alcohol based hand sanitizer is accessible for students.
- Adherence to our illness policy is strictly being followed.

You can help us prevent illness!

- Stay home when you are sick.
- Wash your hands with soap and water for at least 20 seconds.
 - Especially after going to the restroom, coughing, sneezing, blowing your nose, and eating.
 - If soap and water are not available use an alcohol based hand sanitizer
- Do not touch your mouth, nose, or eyes with unwashed hands.
- Limit contact with people who are sick.
- Clean and disinfect commonly used objects and surfaces.
- Cover your cough and sneeze with a tissue; then, throw the tissue in the trash.
- Avoid non-essential travel to countries with widespread outbreak.
- Public health officials encourage anyone who returns from a country with travel restrictions to self-quarantine for 14 days and report any concerning symptoms to a healthcare provider or a health department in advance before presenting at a medical facility.

We appreciate your help in keeping our students safe and healthy.

Lacy Long

Lacy Long, School Nurse