

# Lyman School District

March 3, 2020

Dear Lyman School District Families,

We understand that many of you may have questions regarding the recent outbreak of the Novel Coronavirus (2019-nCoV) in Wuhan, China and how it may impact Americans. The Centers for Disease Control and Prevention is providing daily updates and recommendations. Please click on the following link to stay updated. <https://www.cdc.gov/coronavirus/2019-nCoV/guidance-hcp.html>

**Clinical symptoms and features of the 2019-nCov include:** Fever, cough, shortness of breath, difficulty breathing, *and* a history of travel to Wuhan City, China in the last 14 days or contact with a person who was laboratory-confirmed with the virus or is under investigation for the 2019-nCoV while that person was ill. Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting and runny nose.

While this is a serious public health situation, the CDC continues to believe **the immediate risk to the general public remains low at this time**. Yet, in today's connected world, outbreaks of diseases are always of concern. As with seasonal flu and strep infections, there are precautions we can all take to remain as healthy as possible.

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**It is important to keep children home from school when they are ill.** If your child has any of the following please keep them home from school: temperature greater than 100.4, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physician, red or pink itchy eye, and/or drainage from eye, and any contagious illness such as chicken pox, strep throat or flu.

If you have any questions about the 2019 nCoV or when to keep your child home from school, please contact your local physician for assistance and guidance.

The Novel Coronavirus (2019-nCoV) is a rapidly evolving situation that we are following closely and will continue to update you as information is shared with us. We are in frequent communication with the local Board of Health and will seek advice as needed from the Bureau of Infections Disease and Laboratory Sciences and the State Epidemiologist.

Mr. Rob Davis, Superintendent



**Lyman School District 42-1**  
Dedicated to Excellence