

We at Randolph Southern School Corporation want to help keep our school and community informed about the Coronavirus by providing current information and recommendations made by the Indiana State Department of Health, The Center for Disease Control, and the Randolph County Health Department. Here is the latest information from the CDC.

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Coronaviruses are a large family of viruses. Some cause illness in people, and others, such as canine and feline coronaviruses, only infect animals. Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people. This is suspected to have occurred for the virus that causes COVID-19. Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) are two other examples of coronaviruses that originated from animals and then spread to people. More information about the source and spread of COVID-19 is available at cdc.gov/coronavirus/2019-NCoV.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.
 - Facemasks 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 health care facility).
- 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.

For information about handwashing, see www.cdc.gov/handwashing.

These are everyday habits that can help prevent the spread of several viruses.

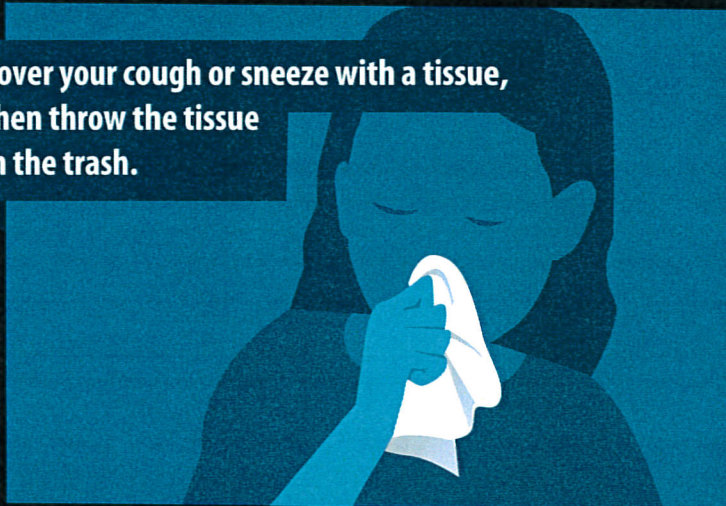
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





Eric J. Holcomb
Governor

Kristina Box, MD, FACOG
State Health Commissioner

March 4, 2020

Dear Parent or Guardian:

The school system has been working closely with local public health officials to plan and prepare for the possibility of novel coronavirus (COVID-19) within your school community. To date, there have **not** been any cases identified in Indiana; however, this letter provides general information and prevention recommendations to raise awareness of COVID-19 and everyday actions everyone can take to prevent the spread of illness.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets when an infected person coughs or sneezes. 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.

The Centers for Disease Control and Prevention (CDC) recommends **everyday preventive measures** to control the spread of COVID-19. These include:

- Staying home when sick and avoiding close contact with sick people
- Frequent, proper handwashing using soap and water for at least 20 seconds or an alcohol-based hand sanitizer with at least 60% alcohol
- Avoiding touching your mouth, nose or eyes with unwashed hands
- Practicing respiratory etiquette (e.g., covering coughs and sneezes with a tissue or upper sleeve)
- Routinely cleaning and disinfecting frequently-touched surfaces using usual cleaning/disinfection products according to the product label.

As COVID-19 continues to spread internationally, families may have questions about upcoming travel. The CDC has issued no official recommendations regarding domestic travel at this time. All travelers should practice general preventive measures. Regarding international travel, the CDC recommends avoiding nonessential travel to countries with a CDC level 3 travel health notice. Additionally, anyone returning from travel to countries with a CDC level 3 travel health notice will be instructed to self-quarantine for 14 days. Additional information, as well as a list of countries with health advisories, is available at [cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html).

Families considering international travel should keep in mind that this situation is rapidly evolving. International travel to areas where COVID-19 is spreading may result in delays or possibly quarantine if travel recommendations change while abroad. If you do travel internationally, you will be notified you if any action needs to be taken upon your return to the United States.

More information about COVID-19 is available at <https://www.in.gov/isdh/28470.htm> or www.cdc.gov/covid-19.

Sincerely,

Kristina M. Box, MD, FACOG
State Health Commissioner



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To promote, protect, and
improve the health and safety
of all Hoosiers.