



CUYAHOGA HEIGHTS SCHOOL DISTRICT

DISCOVER YOUR NEW HEIGHTS

TOM TALKS | MARCH 5, 2020



IMPORTANT INFORMATION ABOUT COVID-19

I'd like to share some helpful information from the Center for Disease Control regarding the Coronavirus-19 (COVID-19). We want to assure you that we are in contact with Local Health Departments and the [Ohio Department of Health](#) to put proactive measures into place. Please read on to learn more about COVID-19 and what we can all do to prevent the

spread of this disease or any other virus.

~ **Tom Evans**, Superintendent, Cuyahoga Heights Schools

STOP THE SPREAD OF GERMS



As of the writing of this email, there have been NO reported cases of COVID-19 in the state of Ohio. However, we believe it is our responsibility to share education about the prevention of the spread of disease.

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. Cuyahoga Heights Schools routinely educate staff and students with strategies to stop the spread of germs. Click on the image at left to learn how you can reinforce these

procedures at home.

Cuyahoga Heights Schools is also taking the following additional steps to keep our schools and students safe:

- Hand sanitizer is available in our classrooms and in areas where soap and water are not available.
- Custodial staff is increasing the frequency of their routine disinfection of common areas.
- Nursing staff is working with principals to discuss preventative measures and answer questions.
- Preventative information is being shared with parents and caregivers of all students.
- COVID-19 information is being posted in some common areas in our buildings.
- We will continue to work closely with our Local Health Department.
- We will continuously monitor absences the situation, and we will update you regularly.

SHOULD YOU KEEP YOUR CHILD HOME FROM SCHOOL?



It can be difficult to decide whether to keep your child home from school when he or she is sick, especially when symptoms seem to be mild.

Our recommendation? When in doubt, keep them out.

Keeping kids home when they are ill not only helps them rest, but it keeps other children healthy too. Illnesses can spread quickly with young children. One of the best ways to keep sickness at bay is to keep children home from school

when they are contagious. Click on the image at left for basic guidelines.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on the CDC's webpage at this link.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at this link.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:

- 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.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Learn more at [CDC.gov](https://www.cdc.gov)

Stay Connected with the Cuyahoga Heights Schools!



Cuyahoga Heights Schools | 216-429-5700 | 216-341-3737 | www.cuyhts.org