



CUYAHOGA HEIGHTS SCHOOL DISTRICT

DISCOVER YOUR NEW HEIGHTS

TOM TALKS | MARCH 15, 2020



NO SCHOOL MONDAY

I hope you're taking time this weekend to get some rest and self care - these are unprecedented times, and they can be stressful to us and especially our children.

As additional information continues to be released regarding COVID-19, we want to be proactive in keeping our students, staff and families safe.

As a result we will NOT have school for students tomorrow, Monday, March 16th. Staff will report to their building at their regular times.

Instead of classes taking place, we will open our buildings between the hours of 9:00AM and 2:00PM. During this time students and parents can pick up their books, workbooks, any personal items and especially any necessary medications for the weeks ahead.

- ***Elementary students can pick up assignments for home learning in the Elementary Gym.***
- ***Middle and High school students should pick up their assignments in the North Gym.***

I want to thank our staff and PTO for their extraordinary efforts to ensure our students and families have what they need during this extended closure. It's a testament to the quality of our Cuyahoga Heights family that so many of you have stepped up to help in so many areas. The way you are circling around our kids and one another has made your communities proud.

Things are changing rapidly, and we will continue to share updates on the district website and through robocalls, email and social media. While we hope to return to class April 6th, the possibility exists that this might not be the case. Please know that we will be prepared, and we will make it through together.

~ Tom Evans

Answers to FAQ about COVID-19

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)

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