TOM TALKS | MARCH 16, 2020

DAY 1 UPDATE

Thank you to all who showed up today to pick up books, assignments and supplies in anticipation of an extended school closure. And thank you to our staff for facilitating this process and keeping our buildings clean and safe - today went incredibly well.

If you were unable to stop by today to gather learning materials for your student, please know that our buildings will remain open the remainder of the week as follows:

- *TUESDAY | 3:00PM-6:00PM*
- *WEDNESDAY | 9:00AM-2:00PM*
- *THURSDAY | 9:00AM-2:00PM*
- *FRIDAY | 9:00AM-2:00PM*

We will be following up with a phone call to check on anyone who hasn't picked up materials by Wednesday.

SCHOOL CLOSURE INFORMATION | Cuyahoga Heights Schools has established an e-mail for quickly and efficiently answering questions about school being closed. This will ensure the fastest response to your inquiries:

INFO@CUYHTS.ORG

HOME LEARNING | Details about home learning opportunities through Google Classroom will be sent tomorrow via email, and placed on the district website for your easy reference. Our teachers and staff did a great job collaborating to develop lesson plans and assignments to keep our students learning over the next few weeks.

CURRICULAR QUESTIONS | Students with questions about their home learning assignments should contact their teachers by e-mail. All teacher e-mail addresses are located on the District website.

MEALS | Cuyahoga Heights Schools will be distributing lunches to anyone in need during this closure. Please contact us at info@cuyhts.org and we will arrange for food to be delivered to your home.

Again, home learning details will be sent home tomorrow, Tuesday, March 17, 2020.

~ 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

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