

March 12, 2020

Dear Parents and Guardians,

We want to update you regarding our continued planning and preparation related to COVID-19.

We are working with our partners at Hill County Health Department (HCHD) and will be following their guidance as we continue to monitor and prepare.

The most important way to prevent this disease is to maintain proper hygiene practices. These include covering coughs and sneezes with a tissue or elbow; washing hands with soap and water for at least 20 seconds or using hand sanitizer; keeping hands away from the face, especially the mouth, nose and eyes; and, most importantly, staying home when sick.

As Spring Break approaches, please be aware that travel to some countries may result in restrictions on school attendance upon return.

The Centers for Disease Control and Prevention (CDC) has issued travel advisories for countries experiencing COVID-19 epidemics. These advisories can change on short notice as the disease spreads. Right now, the CDC is recommending that travelers avoid all nonessential travel to China, Iran, South Korea and Italy. You can check for updates at the following site: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

Any student returning from a country with the nonessential-travel designation will be required to stay home for 14 days after returning to the United States. These students also should practice social distancing, which means staying away from congregate settings and mass gatherings and maintaining distance (about 6 feet) from others when possible.

Students who return and are sick with a fever, cough or have trouble breathing should call their health-care provider before seeking medical care, to avoid spreading the disease to others in the medical setting.

If a person has a respiratory infection and fever after interacting with someone who recently traveled to an impacted area, they should contact their health-care provider as soon as possible.

Again, to prevent the spread of flu or other germs like COVID-19 coronavirus:

- Avoid contact with people who are ill;
- Stay home if you are feeling ill;
- Cover your coughs and sneezes with a tissue or elbow;
- Wash your hands often with soap and water;
- Avoid touching your eyes, nose, and mouth; and
- Clean and disinfect surfaces and objects that may be contaminated.

We will continue to communicate more information as it becomes available. Please continue to follow the Hill County Health Department Facebook Page as well as our website for the most current information.



Public Health
Prevent. Promote. Protect.

Hill County Health Department



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