



# *Helix School District*

*PO Box 398 · 106 Main St.  
Helix, Oregon, 97835-0398  
(541) 457-2175 · Fax (541) 457-2481  
Darrick Cope, Superintendent*

Dear Parent/Guardian:

To keep our students, staff, and communities as safe and healthy as we can, **PLEASE DO NOT SEND AN ILL STUDENT TO SCHOOL.** The box on the back of this page gives examples of when your student should NOT be in school. Please call the school office to notify us if your student is ill.

Every day **BEFORE** coming to school, please do a daily screening using “**CAN MY CHILD GO TO SCHOOL TODAY?**” flowsheet (last page).

Please contact your health care provider if your student has any of the primary symptoms of COVID-19 OR for any serious illness, including any fever of 100.4°F or higher. If you need help in finding a health care provider, please let us know and we will have a school nurse follow up with you. If your student’s illness requires antibiotics, the student must have been on antibiotics for 24 hours before returning to school.

To help protect all students, please notify the school if your child is diagnosed with any of these diseases: *COVID-19, chickenpox, diphtheria, E. coli diarrhea, hepatitis, measles, mumps, pertussis, rubella, Salmonella, scabies, shigellosis, tuberculosis, or another disease as requested.* The school will protect your private information as required by law. [OAR 333-019-0010] With consent, the school nurse may consult with your doctor about your student’s health in order to keep your student safe, healthy, and ready to learn.

**If your student’s symptoms are related to a chronic condition, contact the school and follow school policies for chronic condition management.** Notify school staff if your student requires medication during school hours and follow school protocols for medication administration at school.

**To help prevent the spread of COVID-19 and Flu, please practice the following:**

- Wear a face covering when in public.
- Maintain 6 feet or more physical distancing from others.
- Wash hands frequently, using soap and water for at least 20 seconds OR hand sanitizer (60-95% alcohol) if soap/water isn’t available.
- Do not touch eyes, nose, or mouth.
- Cover mouth and nose when sneezing or coughing, use a paper tissue and throw it away, WASH your hands.
- Avoid close contact with people who are sick.
- Disinfect frequently touched surfaces such as doorknobs and shared items.
- Change out your toothbrushes.
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If you have questions or concerns, please contact the Helix School District Office at (541) 457-2175.

Thank you!

***Darrick Cope***

Superintendent  
Helix School District