**Malcom McRae**

**Superintendent/Applegate Principal**

[**mmcrae@cal.k12.or.us**](mailto:mmcrae@cal.k12.or.us)

**85955 Territorial Road, Eugene OR 97402**

**Phone (541) 935-2100 / FAX 935-6107**

Date: March 2, 2020

To: Families of Crow-Applegate-Lorane Students

Subject: **Oregon Health Authority (OHA) Everyday Precautions**

OHA officials recommend people in Oregon help themselves by taking everyday preventive precautions to reduce the risk of getting and spreading viral respiratory infections, including the flu, the common cold and COVID-19:

* Cover your mouth with a tissue, sleeve, or elbow (not your hands) when you cough or sneeze, and then throw the tissue in the trash and wash your hands.
* Wash your hands often with soap and warm water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. It is especially important to clean hands after going to the bathroom, before eating, and after coughing sneezing or blowing your nose.
* Avoid touching your eyes, nose and mouth with unwashed hands.
* Clean and disinfect surfaces that are often touched (cell phones, door handles, etc.).
* Avoid close contact with people who are sick.
* If you are sick, stay home and seek medical care immediately if symptoms, such as high fever or difficulty breathing, become more severe.  This will help to keep from spreading respiratory illness to others.
* Parents are advised to keep students home if they display any signs of illness.
* Build your body’s overall health resilience by eating well, exercising, getting plenty of rest, and staying up to date on vaccines. It’s recommended to get a flu vaccine each year and it is not too late to be vaccinated.

**Additional Resources**  
For more information about Coronavirus (COVID-19), please refer to these resources or call 211:

* [Oregon Health Authority (OHA) Coronavirus Updates](https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx)
* [OHA Guidance on Preventing COVID-19](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LE2681.pdf)
* [CDC Coronavirus Information](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
* [CDC Community Mitigation Guidance for COVID-19 Response](https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html)
* [CDC Interim Guidance for Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19)](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html)

Respectfully,

Malcom McRae, Superintendent CAL School District