



Dr. Rick Cobb
Superintendent

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Dear Mid-Del Community:

As concerns about COVID-19 (Coronavirus) increase, Mid-Del officials continue to monitor guidance from state and federal health agencies. According to the Centers for Disease Control (CDC), an individual exposed to COVID-19 through droplets from coughing or sneezing from a close contact or touching surfaces that may have the virus on it, can show symptoms 2-14 days after exposure. While we are still learning more about this virus, we know those symptoms include a fever of 100.4 or greater, cough, and shortness of breath.

Based on these facts, we are increasing the frequency of cleaning and disinfecting our schools to mitigate the spread in Mid-Del. However, the most effective way of fighting the virus is to wash hands frequently with soap and water, avoid touching your face, cover coughs and sneezes with your elbow, avoiding close contact with those that are ill, and staying home when you are sick.

With Spring Break approaching, we know that many of our students and staff have plans that include international travel. Some of these trips may include areas for which the Centers for Disease Control has issued Level 2 (Practice Enhanced Precautions) and Level 3 (Avoid Non-essential Travel) advisories due to the worldwide outbreak of COVID-19 (coronavirus). As of noon today, this is the current list of [countries with these designations](#): Japan (Level 2); China (Level 3); Iran (Level 3); Italy (Level 3); South Korea (Level 3).

In an effort to slow the spread of COVID-19 in the United States, the CDC recommends after-travel precautions for those traveling to Level 2 and 3 countries. These include:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work, school or school functions. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

If any of our Mid-Del community members have recently traveled or plan to travel to a Level 2 or 3 country, **those individuals shall self-quarantine for 14 days upon their return** to help reduce the risk of spreading the virus. Student travel will be addressed on a case-by-case basis. If you are exposed to COVID-19, please contact the Oklahoma County Health Department at 405-427-8651 and your own physician via phone.

Thank you for your continued help in keeping our students and staff healthy and safe. We will keep you updated with new information as it becomes available. For additional questions or concerns, please contact your site principal or our District Health Coordinator, Erin Harry, at 405-737-4461 (ext. 1284).