



WATERTOWN SCHOOL DISTRICT No. 14-4

Superintendent Office

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Dr. Jeff Danielsen

Superintendent

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Dear Parent/Guardian:

Nation and worldwide the Coronavirus (COVID-19) has become a source for concern. While we don't know what this virus will bring, we do want to be prepared as best we can. To that end, we are asking families to follow these simple strategies for helping to prevent the spread of COVID-19 and other flu viruses.

--Facts not fear – As many people start to get sick with the flu or experience allergies, here's a look comparing the symptoms:

CORONAVIRUS

fever
cough
shortness of breath or difficulty breathing
symptoms appear 2-14 days after exposure

FLU

fever
cough
muscle aches
fatigue & weakness
chills & sweats
congestion
sore throat

ALLERGIES

sneezing
itchy nose, eyes or roof of the mouth
runny, stuffy nose
watery, red or swollen eyes

--Help your child stay healthy by making sure they get enough sleep, eat well and stay hydrated.

--Teach your child to wash their hands often. Washing with soap and water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).

--Teach your children the proper use of hand sanitizer. Gels, rubs and hand wipes all work well, as long as they contain at least 60 percent alcohol. Hand washing is preferable, but sanitizer will work in the absence of soap and water.

--Teach your children to keep their hands away from their face and avoid touching their mouth, nose or eyes.

--Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve – not your hands.

--Have a backup plan for child care should your child contract COVID-19 and he or she has to stay home from school.

To get updated information regarding the COVID-19 virus, we would recommend the following Websites:

South Dakota Department of Health: www.doh.sd.gov or Centers for Disease Control and Prevention: www.cdc.gov

Thank you for your cooperation in keeping our children and schools healthy!

Sincerely,

Dr. Jeff Danielsen, Superintendent