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We are closely monitoring information from the Centers for Disease Control and Prevention (CDC), Kansas Department of Health and Environment (KDHE), and proactively working with state and local health departments for guidance on preventative measures for the Coronavirus or COVID-19. In the event of an outbreak in our community, the district will seek guidance from our public health agencies on any quarantines, closures or other health measures as necessary.

Local updates regarding COVID-19 can be found at:

<http://www.kdheks.gov/>

<http://www.cowleycounty.org/health>

<https://www.facebook.com/Sumner-County-Health-Department-113099375398231/>

We will continue to post updates as more information becomes available on our website ([usd358.com](http://usd358.com)) and will send out automated messages as needed. The best way to prevent illness is to avoid being exposed to this virus. Everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently-touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. email or phone.

As a Wildcat Family, we will get through this together.

Dr. Cathi Wilson