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BUSINESS MANAGER

March 13, 2020

Dear Parents, Teachers, Building Occupants and Employee Organizations:

Bowman County School District #1 is following the guidance and recommendations from the North Dakota Department of Health, North Dakota Department of Public Instruction and the Center for Disease Control regarding preparing, monitoring, and acting against the Coronavirus. As a community we can work together to keep our students, staff and families safe by following these recommendations from the ND Department of Health.

- Wash hands for 20 seconds. Washing hands often under clean, running water can help prevent the spread of germs. If you cannot wash your hands, use hand sanitizer.
- Stay home when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Cover coughs and sneezes. Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.
- Clean and disinfect surfaces or objects.

Symptoms of the COVID-19 include fever, cough and shortness of breath. The symptoms may appear in as few as two days or as long as 14 days after exposure. If you develop symptoms, please call your health provider and tell them about your recent travel or exposure.

We will continue to monitor the situation and work closely with the state and local health officials. As new guidelines and recommendations evolve, we will work to implement these to ensure the safety of our students and staff.

Please access our School District website to view the provided links for additional information.  
[www.bowman.k12.nd.us](http://www.bowman.k12.nd.us)

CDC guidance for schools: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>.

**Talking to Children about COVID-19 (Coronavirus) - A Parent Resource:** This document provides guidance to parents on how to provide accurate prevention information and facts to students without causing undue alarm. (National Association of School Psychologists and NASN)

[English Resource](#)

[Spanish Resource](#)

Coronavirus. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Coronavirus-Workplace, School and Home Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

Should you have any concerns or questions feel free to contact Superintendent Heckaman at the Bowman campus in Bowman, phone number is 701-523-3283.