



Waubun–Ogema–White Earth Community Schools

“Always Striving for Excellence”

Independent School district #435, 1013rd Street, Waubun, MN 56589



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Dear Staff, Students, and Parents,

Many people have questions about the outbreak of a respiratory illness caused by a new coronavirus called COVID-19, especially how it may affect schools. We are writing to assure you that district and school leaders are reviewing emergency management plans to prepare for the spread of coronavirus disease (COVID-19).

As of March 11, there are five identified cases in Minnesota. The Minnesota Department of Health and the U.S. Centers for Disease Control and Prevention are closely monitoring the situation and regularly providing guidance. We are working closely with state and local agencies to stay up-to-date on the best ways to keep students and staff safe. We will continue to update our plans and provide you with more information as it becomes available. If you have questions about infectious diseases, call the Minnesota Department of Health at 651-201-5414.

We are in the prevention stage of helping manage the spread of COVID-19. The most important things we can all do are recommended to prevent the spread of any illness:

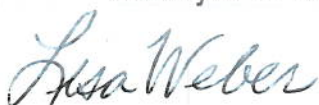
- Protect yourself and others by washing your hands often with soap and water; covering your cough and sneeze; avoiding touching your eyes, nose, and mouth with unwashed hands.
- If you or your child are sick, stay home from school and activities.
- Do not return to school or work until you are feeling better and a fever is gone for at least 24 hours without using fever-reducing medication.
- Be prepared in case you get sick and need to stay home. Keep enough food, regular prescription drugs, and other necessities on hand in case you need to stay home and are not able to go out easily.
- Frequently clean all commonly touched work surfaces, work areas, and equipment (e.g., telephones, doorknobs, lunch areas, countertops, copiers, etc.).


We have also been notified that the Minnesota State High School League is limiting the number of people at tournaments beginning Friday, March 13, 2020. This decision will impact Girls Basketball Semifinals and Finals, the Adapted Floor Hockey Tournament, and Section Boys Basketball games. As the COVID-19 situation is evolving, plans moving forward will continue to be released in regards to future events. Please see the attached Press release from the Minnesota High School League with details.

To learn more about COVID-19 please see attached data sheets and visit:

- [Minnesota Department of Health Coronavirus \(COVID-19\) Website \(https://www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [CDC Coronavirus \(COVID-19\) Website \(https://www.cdc.gov/coronavirus/2019-nCoV/index.html\)](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)

Thank you for working with us to keep our community informed and safe.


Superintendent


Principal E-4


Principal 5-12

For Immediate Release
Minnesota State High School League
March 12, 2020

Contact:

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Statement on Minnesota State High School League Postseason Tournament and COVID-19

The Minnesota State High School League, relying on information from the Minnesota Department of Health, will limit the number of people at tournaments beginning Friday, March 13, 2020. This decision will impact Girls Basketball Semifinals and Finals, the Adapted Floor Hockey Tournament, and Section Boys Basketball games. As the COVID-19 situation is rapidly evolving, plans for events held after this weekend are still being developed and will be communicated at a later date.

All state and section championship brackets will be played. Consolation and third place games for State Girls Basketball and Adapted Floor Hockey have been cancelled.

Attendance at tournaments is now limited to rostered participants, coaches, event staff, TV network partners, credentialed media, and a small number of school-approved spectators of each participating team.

It is critical that all attendees at tournaments follow the recommendations regarding personal hygiene and avoidance of contact with anyone who is experiencing respiratory complications or fever. Any potential attendee who does not feel well, participant or fan, is expected to refrain from attending tournaments.

Schools will receive information from the MSHSL regarding the process and submission of their list of designated spectators. All designated spectators must present an ID and purchase a ticket to enter the venue.

Fans are encouraged to follow state tournaments through broadcast, streaming and/or social media. Girls Basketball games will be broadcast on Channel 45TV and via streaming at 45tv.com/prep45. The Adapted Floor Hockey Championship will be broadcast via livestream on prepspotlight.tv. Twitter Accounts to follow are @mshsl, @MSHSLJohn, Facebook @mshsl.org, and Instagram @mshsl1.

Executive Director Erich Martens shared:

“While the changes in our tournaments are unfortunate, we recognize that a collective community response is critical to supporting the health of our communities and mitigating the spread of COVID-19. The MSHSL intends to do everything possible to allow participating students who have earned the opportunity to compete in these special tournaments to do so. We will continue to follow guidance from the

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.





What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



For more information: www.cdc.gov/COVID19