Dear families and students,

The concern for our students and overall community is of utmost importance. In an effort to support our community during this ever changing situation, we will provide accurate and up to date information regarding COVID-19. COVID-19 is caused by a virus and is transmitted through infected body fluids such as saliva and sputum. Symptoms of COVID-19 include **fever, cough and shortness of breath**. Many other illnesses can present similar to COVID-19. In an effort to help our health care system, the recommendation in managing your symptoms is to remain at home, isolate in a specific room away from others and avoid leaving your home until 3 days **after** symptoms have resolved. In most of the population symptoms are mild and management at home is appropriate. If your symptoms **worsen**, **call your health care provider immediately or seek medical attention.**

The recommendations come from the Centers for Disease Control (CDC), Illinois Department of Health (IDPH) and McHenry County Department of Health (MCDH). Although there have been frequent changes regarding the number of people infected and recommendations on group gatherings, there are several key prevention measures to follow. These include:

**Frequent handwashing** - wash all surfaces of your hands for **AT LEAST** **20 seconds**

**Social isolation**- remain at home and avoid gathering with other families

**Manage symptoms at home**- rest and hydration

**Clean surfaces frequently**- doorknobs, light switches, remote controls, phones

These are a few recommendations to follow. For further and more in depth information please go to:

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

<http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>

<https://www.mchenrycountyil.gov/county-government/departments-a-i/health-department/covid-19-novel-coronavirus>

I cannot stress enough the importance of following the recommendations of staying at home during this time. Self-isolating is being recommended in an effort to slow the spread of the infection and allow our nation's health care system the opportunity to provide adequate care.

I am available by email for questions and concerns, [tweidner@marengo165.org](mailto:tweidner@marengo165.org).

Thank you and stay well,

Tara Weidner RN BSN

School Nurse