

We are aware of the current situation in Oregon with COVID-19. We are monitoring the situation and will update you if expectations for schools change. At this time, we want to remind you of the CDC's recommendations to prevent the spread of contagious respiratory illnesses, including COVID-19, flu, and pertussis:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put used tissues directly in a wastebasket.
- Cough or sneeze into your upper sleeve or elbow, not your hands, if you do not have a tissue.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available-You could have this available as people enter the school and enter each classroom.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people, and if you are sick, stay home to recover.

According to the Oregon Department of Education, students should be excluded from school if they exhibit:

- Fever greater than 100.5. The fever must stay below 100.5 F for 24 hours without fever-reducing medication
- Vomiting: Vomiting must cease for 24 hours before returning to school
- Stiff neck or headache with fever
- Any rash with or without fever
- Unusual behavior changes, such as irritability, lethargy, or somnolence
- Jaundice (yellow color of skin or eyes)
- Diarrhea (3 watery or loose stools in one day with or without fever)
- Diarrhea must be stopped for 24 hours before returning to school
- Skin lesions that are "weepy" (fluid or pus-filled)
- Colored drainage from eyes or ears
- Brown/green drainage from nose with fever or complaints of illness
- Difficulty breathing or shortness of breath; serious, sustained cough
- Symptoms or complaints that prevent the student from participating in his/her usual school activities, such as persistent cough, with or without presence of fever, or
- Student requires more care than school staff can safely provide.

For more information:

- For general information, call 211
- OHA Emerging Respiratory Disease page: www.healthoregon.org/coronavirus
- CDC COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC travel notice: <https://wwwnc.cdc.gov/travel/notices>
- WHO page: <https://www.who.int/emergencies/novel-coronavirus>