

**March 3, 2020**

## **FAQs**

### **How can families and schools help to slow or stop the spread of COVID-19?**

The Oregon Health Authority recommends that schools and districts take “common sense precautions” that help prevent the spread of all diseases. These can also be practiced by children and their families. These include: keep children home if they are sick until a fever has been gone for at least 24 hours without the use of medicine; seek medical care immediately if symptoms, such as a high fever or difficulty breathing, become more severe; cover coughs with a sleeve or tissue; keep tissues and “no touch” trash cans close by; wash hands often and keep soap dispensers filled; routinely clean surfaces that are frequently touched; if desired, wear a face mask if you are coughing or sneezing.

### **The CDC is recommending non-pharmaceutical interventions. What does this mean?**

To slow the spread of COVID-19, and other respiratory infections (including flu and pertussis), families, students and staff can take every day non-pharmaceutical interventions, including:

- Washing 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. Always wash hands with soap and water if hands are visibly dirty.
- Avoiding touching eyes, nose, and mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying home when you are sick.
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Getting your annual flu vaccine (to protect against flu).

### **What is Jefferson County Schools doing now?**

We have been monitoring the situation closely and have been in contact with our local public health department and healthcare partners. While you may be hearing many different perspectives on what is happening or should happen, please know that we will use federal, state and local public health officials as our primary source of information and direction.

Jefferson County Schools is continuing to take precautions to reduce the spread of the COVID-9. These precautions include disinfecting desk tops, bus seats, surfaces which may be touched by multiple persons, and discontinuing self-serve options in the cafeteria. Please be assured that we will provide more information as it becomes available.

Additionally, employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines.

### **Have any school children in the United States or Oregon been diagnosed with COVID-19, a novel coronavirus?**

At this time, no school children have been diagnosed with the virus in the United States or Oregon. According to the Centers for Disease Control and Prevention, “preliminary data suggest that older adults and persons with underlying health conditions or compromised immune systems might be at greater risk for severe illness from this virus.”

**Have any adults in Oregon been diagnoses with COVID-19, a novel coronavirus?**

You can review [statewide tracking here](#).

**What should I tell my child about the virus — if anything?**

Families can check out the tools available at [SAMHSA Coping with Stress During Infectious Disease Outbreaks](#)

**How can I help to reduce stigma?**

Do not make determinations of risk based on race, ethnicity, or country of origin, and be sure to maintain confidentiality of people with confirmed COVID-19 infection.

**What is next?**

We will continue to provide information regarding prevention, responses and resources to our school community. Please be assured that we will provide more information as it becomes available. We are committed to the safety of our community. **We have no current plans to close or cancel school or classes.**