

Date: 10th March, 2020

From: Teresa Anderson, Health Director

To: Guidance for Schools Events

Re: COVID-19

In the past week Nebraska has had its first confirmed case of COVID-19 diagnosed in the Fremont area. We continue our efforts to slow the spread of COVID-19 from coming into our communities. Currently there is no evidence of any spread in the general public. However, we do anticipate that COVID-19 will be in our community at some point.

Symptoms of COVID-19 are a cough, shortness of breath, and a fever.

Some schools may choose to terminate, delay, or alter their events in light of their own risk assessments with guidance from their local health department. Central District Health Department (Hall, Hamilton, and Merrick Counties) does not currently recommend that your school cancels events locally or travel in the region to other events such as sporting activities.

However, it may be necessary to do so in the future. In the meantime we recommends that all attendees, visitors, guests, and participants at a school event pay close attention to Non-Pharmaceutical Interventions (NPI) which includes good hygiene practices. These include:

- Sneezing or coughing into a bent arm or tissue.
- Avoid touching the 'T' zone – eyes, nose, and mouth.
- Avoid physical contact with other people including handshakes – alternatives such as a fist-bump or elbow-touch might be more appropriate.
- Washing your hands thoroughly for 20 seconds with hot water and soap.
- Use of hand sanitizer gel (60% alcohol minimum) often.
- Staying at home when sick (students and staff).
- Not attending events if you are visibly sick.
- Post signage at the entrance requesting those who may be sick not to attend.
- Be prepared to exclude those students, visitors, or staff who may be sick and/or show visible symptoms consistent with COVID-19 from your event.
- Communicate this request to your parents, students, staff and their families.

Please help us to help you keep our schools, children, and community safe.

Resources:

Get Your Mass Gatherings or Large Community Events Ready for Covid-19

https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmass-gatherings-ready-for-covid-19.html

K through 12 School Programs

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Higher Education

https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fcolleges-universities.html

Environmental Cleaning and Disinfecting

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Posters / Signage:



Symptoms of Covid-19 Poster

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

Mini-sign with editable text (below)



By request of the Director of
Central District Health Department

**DO NOT ATTEND ACTIVITIES AS A
PARTICIPANT, SPECTATOR, OR STAFF IF YOU
ARE SICK**

**IF YOU ATTEND AND ARE VISIBLY SICK YOU
MAY BE ASKED TO LEAVE OR BE DENIED
ENTRY**

Help us to keep our community safe and healthy

Fecha: 10 de marzo, 2020

De: Teresa Anderson, Director de Salud

Para: Orientación para eventos escolares

Re: COVID-19

La semana pasada, Nebraska tuvo su primer caso confirmado de COVID-19 diagnosticado en el área de Fremont. Continuamos nuestros esfuerzos para frenar la propagación de COVID-19 en nuestras comunidades. Actualmente no hay evidencia de propagación en el público en general. Sin embargo, anticipamos que COVID-19 estará en nuestra comunidad en algún momento.

Los síntomas de COVID-19 son tos, dificultad para respirar y fiebre.

Algunas escuelas pueden optar por terminar, retrasar, o alterar sus eventos a la luz de sus propias evaluaciones de riesgos con la orientación de su departamento de salud local. El Departamento de Salud del Distrito Central (condados de Hall, Hamilton y Merrick) actualmente no recomienda que su escuela cancele eventos locales o viaje en la region a otros eventos como actividades deportivas. Sin embargo, puede ser necesario hacerlo en el futuro. Mientras tanto, recomendamos que todos los asistentes, visitantes, invitados y participantes en un evento escolar preten mucha atención a las intervenciones no farmacéuticas (NPI) que incluyen buenas prácticas de hygiene. Estos incluyen:

- Estornudar o toser en un brazo o pañuelo doblado.
- Evite tocar la zona "T": ojos, nariz y boca.
- Evite el contacto físico con otras personas, incluidos los apretones de manos: las alternativas como un golpe de puño o un toque de codo podrían ser más apropiadas.
- Lávese bien las manos durante 20 segundos con agua caliente y jabón.
- Uso frecuente del gel desinfectante para manos (mínimo 60% de alcohol).
- Quedarse en casa cuando está enfermo (estudiantes y personal)
- No asistir a eventos si está visiblemente enfermo.
- Publique letreros en la entrada solicitando que aquellos que pueden estar enfermos no asistan.
- Esté preparado para excluir a aquellos estudiantes, visitantes o personal que puedan estar enfermos y/o mostrar síntomas visibles consistentes con COVID-19 de su evento.
- Comunique esta solicitud a padres de familia, estudiantes, personal y sus familias.

Ayúdenos a ayudarlo a mantener seguras nuestras escuelas, niños y la comunidad.

Recursos:

Prepara tus reuniones masivas o grandes eventos comunitarios para Covid-19

https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-ready-for-covid-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmass-gatherings-ready-for-covid-19.html

Programas escolares desde Kinder hasta el 12 grado

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Educación más alta

https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fcolleges-universities.html

Limpieza y desinfección ambiental

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Carteles/Señalización:



Cartel de síntomas de Covid-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

Mini-cartel con opción de texto editable (abajo)



A Solicitud del Director del
Departamento de Salud del Distrito Central

**NO ASISTA A ACTIVIDADES COMO
PARTICIPANTE, ESPECTADOR O PERSONAL
SI ESTA ENFERMO**

**SI ASISTE Y ESTA VISIBLEMENTE ENFERMO, SE
LE PODRA PEDIR QUE SE RETIRE O SE LE PUEDE
NEGAR LA ENTRADA**