

Update from School Nurse Regarding COVID-19 or Coronavirus

The Center for Disease Control and The Ohio Department of Health have phone numbers listed on their respective websites for us to ask questions as well as more information on the prevention of spreading the virus. The best information I can relate to you is as follows:

Ohio Department of Health Website: odh.ohio.gov

Phone # 1-833-427-5634 Staffed from 9 AM until 8 PM daily

Centers for Disease Control: cdc.gov

Phone # 1-800-232-4636

PREVENTION

1. **WASH HANDS OFTEN:** use soap and water for at least 20 seconds; dry hands with a clean towel or air dry hands.
2. **USE ALCOHOL-BASED HAND SANITIZER** when soap and water are unavailable.
3. Cover your mouth with a tissue or sleeve when sneezing or coughing.
4. Avoid touching your eyes, nose, or mouth with unwashed hands.
5. Stay home when you are sick.
6. Avoid contact with people who are sick.

7. Clean “high touch” surfaces daily. These include counters, tabletops, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, desks, and tablets.
8. Keep your distance between others at least 6 feet.
9. Wear a face mask if you are sick and around others or if you are caring for someone who is sick. Otherwise, you do not need one.
10. Take care of yourself by getting adequate sleep and eating well balanced meals.

As you can see, there are some changes since the following was posted. One thing that has not changed at this time are the symptoms of **FEVER, COUGH, and SHORTNESS OF BREATH.**

If you develop emergency warning signs listed below, get medical attention immediately*

Persistent pain or pressure in chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please contact your medical provider for any other symptoms that are severe or concerning.

All of the above are synopses of both websites. Please refer to them for more information. I will monitor these sites daily for changes.

May all of our students and their families stay safe and healthy during this pandemic. Hope to see all of our students back in three weeks.

Valerie Paulus RN

