



Dear Calallen ISD Family,

Given recent media coverage around the coronavirus, I want to assure you that Calallen ISD is keeping track of this situation through proven and trustworthy sources: our local health department, the Texas Department of State Health Services (DSHS), and the Center for Disease Control and Prevention (CDC).

How does COVID-19 spread? The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19? Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include:

- Fever
- Cough
- Shortness of breath

How can I prevent COVID-19? The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. DSHS always recommends these everyday actions to help prevent the spread of respiratory viruses, including:

- Wash your 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 available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

We are currently following health officials recommended steps to protect against the coronavirus in the same way we would prevent the spread of other respiratory illnesses like the flu. Our nurses, teachers and staff are working to encourage the simple and effective habits of frequent hand-washing, covering every cough or sneeze, and cleaning classrooms tables/surfaces frequently. In addition, our Custodial staff have routinely used disinfectant products to wipe common surfaces in and around our school buildings and will continue to do so.

While a new type of illness can be scary, we can protect our students, staff, and the broader community by using simple everyday actions that protect and help prevent the spread of viruses and or infections that can lead to illness. For more information on the coronavirus, please visit the Calallen website -Health Services @

<https://www.calallen.org/domain/109>

Sincerely,

Teresa Shaw, RN
Health Services Coordinator