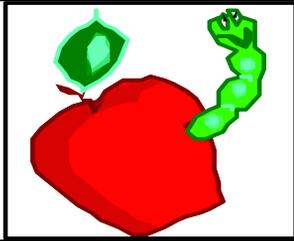


HealthBeat

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Coronavirus (COVID-19)

Ways to Stay Healthy

There's been a lot of talk in the news about the coronavirus lately. Although currently there are **NO cases of this in the state of Ohio**, we wanted to share some information:

- The virus that causes COVID-19 is a novel coronavirus. COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States.
- Coronavirus Disease 2019 is a new disease that causes respiratory illness in people and can spread from person to person.
- Coronavirus is **NOT** currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China.
- Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. Centers for Disease Control and Prevention (CDC) continues to closely monitor the situation.
- At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people.
- Symptoms include fever, cough, and shortness of breath.

Prevention measures:

- Avoid close contact with any sick persons, keep your hands away from the T-zone (mouth, eyes, nose), and wash hands thoroughly with soap and water for 20 seconds often (same as we do for the flu).
- Stay home if you're sick, cover your cough/ sneeze, and disinfect high touch objects and surfaces.
- If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care.

We want to reinforce the **risk is low** at this point, but we would like to keep you informed. Loveland puts safety as our highest priority and will continue to monitor the situation closely. Here are good websites for information:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.hamiltoncountyhealth.org/announcements/corona-virus-information/>

Other than the information we have gone over already, here are a few tips to help everyone stay healthy:

- Do not skip breakfast! We see this often with our high schoolers. Try to eat food high in vitamin C especially, as well as other essential vitamins and minerals. The results are amazing.
- Exercise, especially in the fresh air when the weather cooperates. Getting sun and exercise is a good combination for the immune system!
- For drainage and sore throats, gargling with warm salt water several times a day helps as well as using a neti pot (or other ways to get a salt water nasal flush).
- Warm teas and liquids, especially with honey (if your child is able to have it) are very helpful for flushing out bacteria AND soothing the throat. There's something about honey...

Prevention and Preparation

Loveland has ongoing plans to mitigate situations involving contagious diseases. Here are some:

- Our Administrative teams will continue to monitor, plan, and implement action items when needed. We work very closely with the Safety Center professionals as part of our planning.
- Encourage parents to reinforce good hand washing, proper coughing etiquette (cough into sleeve/elbow or tissues), and keeping students home who have flu symptoms (fever, muscle aches, cough, lethargy, etc.)
- Remind parents it is very important to make sure your contact information is up-to-date so we can send students home quickly if they are showing symptoms.
- Training for our custodial staff is ongoing to have them stay current with the disinfecting procedures that are most effective for the current viruses.
- Reviewing our contingency plans we have in the event of a school closure and the plans we used in 2009 for the H1N1 virus.