



MAPLETON SCHOOL DISTRICT NO. 32

10868 East Mapleton Road
Mapleton, OR 97453
(541) 268-4312 Fax 541-268-4632

Jodi O'Mara, Superintendent

March 10, 2020

Mapleton School District Families,

Many of you have heard the news surrounding the Coronavirus and it's appearance in Oregon. I wanted to reach out and share some information about how we are monitoring the health of our students and staff.

Along with practicing regular handwashing and classroom cleaning, we will continue to monitor students and staff with symptoms and exclude them from school until they are symptom free per our policy. *Policy states that students and staff must be fever free for at least 24 hours without medication before returning to school/work. We also encourage students and staff with a persistent cough to stay home.*

Attached are a few documents for your review regarding the Coronavirus. One of the documents includes information about the virus and offers practical suggestions to keep your child (and family) safe from illness.

Lane County has opened a call center to answer community questions regarding the Novel Coronavirus, also known as COVID-19. The call center is open from 9am-4pm and can be reached by calling 541-682-1380.

Things we are doing to improve wellness levels in schools/assist in prevention of illnesses:

Administration and Secretary will:

- Closely monitor information provided by local and state public health authorities.
- Distribute updated, pertinent information to staff and families as needed. This may be via handout/flyers and/or district website.
- Work closely with the Oregon Health Authority and Lane County Health Department to determine the best course of action in the event there is a case diagnosed locally. This may include possible school closure, restrictions of activities, extensive cleaning of buildings and investigation by health professionals. Ways to communicate this type of event will also be planned.

All staff and students should:

- Stay home if they are sick (*fever and persistent cough*) and contact their health care provider if they have questions about their symptoms.
- Wash hands frequently with soap and water. If soap and water aren't available, use alcohol based hand sanitizer.
- Avoid touching eyes, nose or mouth as this creates a direct pathway for germs to enter the body
- Properly cover coughs and sneezes
- Report any bathroom facilities that are out of soap or paper towels or if the water isn't working properly
- Consider changing greetings such as high fives or handshakes to something like thumbs up, air high fives, elbow bumps or jazz hands

Custodial staff will:

- Ensure bathrooms have running water, soap and paper towels
- Increase cleaning of frequently touched surface areas (door knobs, toilet handles, light switches, bus seats, hand rails, countertops, etc.)

- Assist in making disinfecting supplies available for use in classrooms and common areas.

Our goal is to ensure students and staff can learn in a safe environment. If you have questions regarding whether or not to send your child to school, please contact the school office.

Sincerely,

Jodi O'Mara

Jodi O'Mara, Superintendent,
Mapleton School District
542-268-4312

"ACADEMIC EXCELLENCE THROUGH STUDENT ACHIEVEMENT"

Novel Coronavirus

Fact Sheet

What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever



Cough



Difficulty breathing



What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Who is at risk for novel coronavirus?

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

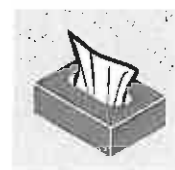
Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas follow the CDC's guidance: wwwnc.cdc.gov/travel.

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your cough or sneeze with a tissue, then throw it away.
If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.



Currently, there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information:

www.healthoregon.org/coronavirus

Updated 3/5/2020

Oregon
Health
Authority

PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.