



## Lewis Cass Intermediate School District

Learning For All...Whatever It Takes

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Dear Staff and Families:

There is a significant amount of information circulation regarding the Coronavirus Disease 2019 (COVID-19) in the media, and on social media, and it can be confusing. It is a virus strain that has spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia. Symptoms may appear in as few as two days or as long as 14 days after exposure to the virus. They include: fever, cough and shortness of breath. Reported illnesses have ranged from mild symptoms to severe illness and death.

Health experts are still learning about how this new coronavirus spreads. It is thought that it spreads 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, and, in rare cases, contact with feces (poop). At this time, there are no confirmed cases of COVID-19 in Michigan. Information about the number of persons under investigation (PUIs) and specimens tested is updated daily at [Michigan.gov/coronavirus](http://Michigan.gov/coronavirus). Also available are the total number of people who may have been exposed to the virus who are referred to local public health for monitoring or assessment. Right now, there are no additional precautions recommended for the general public in the United States.

We can all take preventative measures to minimize the spread of communicable diseases. Health authorities indicate that the best ways to prevent the spread of COVID-19 are the same recommendations for preventing the spread of the flu virus. The Michigan Department of Health and Human Services advises the following steps can be taken to prevent the spread of flu and the common cold that will also help prevent COVID-19, including:

- Washing your hands with soap and water.
- Avoiding touching your eyes, nose or mouth with unwashed hands.
- Covering your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoiding contact with people who are sick.
- Staying home if you are sick and contact your healthcare provider.

**In an effort to prevent or mitigate illness, consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:**

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

**Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:**

- Fever (101 degrees or greater and your child may return to school only after his or her temperature has been consistently below 101 degrees, by mouth, without fever reducing medication for a minimum of 24 hours)
- Vomiting
- Diarrhea (a child should have no loose stools for twenty four hours before returning to school)
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Cough or shortness of breath

Thank you in advance for helping keep our students safe and making this year at school as healthy as possible.

Brent Holcomb, Superintendent