Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

You may be asked to put on a facemask to protect others.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
PROTECTING NORMANDY STUDENTS, STAFF & FAMILIES AGAINST THE CORONAVIRUS

What measures is NSC taking to prevent the spread of illness?
We have increased the disinfection of our schools and buses. We have also posted flyers and reminded students and staff on how to properly wash hands, and cover coughs and sneezes.

What should I do if my child is sick?
If your child is sick or feeling ill, please keep them home from school. Be sure to call your child’s school and report the symptoms your child is experiencing. Call your child’s health care provider as well on next steps to take.

How will NSC handle an outbreak of illness in our schools and/or community?
If coronavirus cases occur in our schools or 24:1 community, we will work closely with the St. Louis County Department of Health and follow its recommendations. If a student or staff member is diagnosed with coronavirus, the district will follow the recommendation of public health authorities, which may include closing schools. Please know we are monitoring student and staff illnesses in our schools on an ongoing basis, and will immediately communicate any updates to families and staff. For more information on COVID-19, visit the coronavirus page at www.normandysc.org.

ALWAYS REMEMBER TO:

- Wash your hands for at least 20 seconds with soap and water! If soap and water are not available, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home if you are sick and avoid close contact with people who are sick!
- Cover your coughs and sneezes with a tissue. If tissues are not available, cough into your upper sleeve or elbow.
Clean Hands Save Lives!

- It is best to wash your hands with soap and warm water for 20 seconds.
- When water is not available, use alcohol-based products (sanitizers).
- Wash hands before preparing or eating food and after going to the bathroom.
- Keeping your hands clean helps you avoid getting sick.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after caring for someone who is sick
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood water or sewage
- When your hands are visible dirty

Using alcohol-based sanitizers

- Apply product to the palm of one hand.
- Rub hands together.
- Rub product over all surfaces of hands and fingers until hands are dry.

Note: the volume needed to reduce the number of germs varies by product.

Washing with soap and water

- Place your hands together under water (warm if possible).
- Rub your hands together for at least 20 seconds (with soap if possible).
- Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- Clean the dirt from under fingernails
- Rinse the soap from your hands.
- Dry your hands completely with a clean towel if possible (this helps remove the germs). However, if towels are not available it is okay to air dry your hands.
- Pat your skin rather than rubbing to avoid chapping and cracking.
- If you use a disposable towel, throw it in the trash.

Remember: If soap and water are not available, use alcohol-based hand sanitizer.
What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that was first detected in December 2019 and has now been detected in almost 90 locations internationally and in the many states in the U.S. The virus, while having mild effects in most people, can cause severe illness and pneumonia in others such as the elderly or those with underlying medical conditions.

How does COVID-19 spread?

Health experts are still learning the details about how COVID-19 spreads from person to person. The most recent evidence points to infected people coughing and sneezing within six feet of a non-infected person. Other methods of transmission may include:

- 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
- in rare cases, contact with feces

How severe is COVID-19?

Upwards of 80% of those infected recover after mild symptoms. Others, especially the elderly and those with serious chronic medical conditions, may experience more severe symptoms including pneumonia that requires hospitalization, and sometimes death.

What are the symptoms?

People who have been diagnosed with COVID-19 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

Who is at risk for COVID-19?

Currently the risk to the general public for COVID-19 to cause severe illness is low. At this time, there are a small number of individual cases in the U.S. Older adults and those with serious conditions such as heart disease, diabetes, lung disease and any condition that affects the immune system could be at higher risk. Additionally, 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 is COVID-19 treated?

There are no medications specifically approved for COVID-19. 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.

How can I prevent from getting COVID-19?

Practicing correct handwashing skills along with avoiding touching your face can protect you from COVID-19 and many other viruses. See https://youtu.be/d914EnpU4Fo for a quick review of proper handwashing techniques. There is currently no vaccine for COVID-19. To reduce risk of other respiratory infections, especially the flu, you can help protect yourself and others by getting a flu vaccine. Everyday precautions range from avoiding close contact with people who are sick to avoiding touching high-touch surfaces in public such as elevator buttons, door handles, handrails and handshakes. Other steps include:

- avoid touching your eyes, nose, or mouth with unwashed hands
- stay home while you are sick and avoid close contact with others
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing

CDC continues to stress concerns with international travel. Currently CDC recommends avoiding non essential travel to China, Iran, South Korea, Italy. Travel to Japan is a concern for older adults or those with chronic medical conditions. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

What do I do if I have symptoms?

Influenza and other respiratory infections including COVID-19 have similar if not identical signs and symptoms. Individuals who think they are sick or are getting sick should NOT report to work. Individuals should monitor for cough, shortness of breath, and fever and should practice social distancing to avoid the spread of any illness they may have. Individuals experiencing the described symptoms AND have had contact with a confirmed case of COVID-19 should contact their health care provider by phone. Supply information about symptoms and when and how they had contact with a confirmed case. The health care provider may either suggest testing via a commercial lab or involve public health resources. Individuals with COVID-19 symptoms who are a contact to a case should not arrive at a health care provider or emergency room without contacting the provider or emergency room first.

How is COVID-19 treated?

There are no medications specifically approved for COVID-19. 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.health.mo.gov/coronavirus

Updated 3/9/2020