

March 9, 2020

Dear Head Start/Early Head Start Parents,

You may have heard of the Coronavirus through the news stations. At this time, we do not have any reports of symptoms or diagnosis at any of our sites. This letter is to give you information to help us prevent an outbreak at Head Start or Early Head Start.

Coronavirus is a very contagious respiratory illness and can infect people of all ages. It can be transmitted through having direct contact with an infected person, consuming contaminated food or water, and/or touching contaminated surfaces and then putting your unwashed hands in your mouth.

The most common symptoms of Coronavirus are:

- Fever
- Cough
- Shortness of breath
- Body aches
- Tiredness

Other symptoms include:

- Sore throat
- Headache
- Diarrhea

If your child has any of the above symptoms, please call your child's healthcare provider for guidance. It is recommended that you call your provider prior to making an office visit. Children with diarrhea, vomiting, and/or a fever should not attend school. The Coronavirus is very contagious, and it is best controlled by diligent hand washing. Teachers will continue our procedures for hand washing and will do extra cleaning of the items in the classroom that children come in contact with. If you would like to volunteer to help us sanitize classroom items, please speak with your Teacher or Family Advocate.

Here are some tips for protecting your family from infection:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- Keep your kids away from others who are sick. If your child is sick, keep them home.
- Teach kids to cough and sneeze into their arm or elbow, not their hand.
- Clean and disinfect household objects and surfaces in your house frequently.

Thank you for helping us try to avoid the Coronavirus in our classrooms.

If you have any questions about Coronavirus, you can contact the state Coronavirus hotline 1-800-456-7707. This line is staffed 24-7 or visit <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

Thank you,

Katie Peterson, LCSW
Mental Health and Health Manager