



Elkhorn Logan Valley Public Health Department

Proudly serving Burt, Cuming, Madison and Stanton counties.

March 9, 2020

To: Parents/Guardians of Students in the Elkhorn Logan Valley Public Health Department District
(Burt, Cuming, Stanton and Madison Counties)

RE: Health Information about COVID-19

COVID-19 is the disease caused by the new 2019 coronavirus. For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low. Certain people will have an increased risk of infection, for example, travelers to countries with community spread of COVID-19, healthcare workers caring for patients with COVID-19 and other close contacts of persons with COVID-19. Although the situation may cause concern, it is important to take the time to get the facts, learn what you can do and make a plan for your family to be prepared. The CDC recommends that individuals use these steps outlined below to develop a plan for your family:

1. Talk with people who need to be included in your plan such as grandparents, childcare providers, the school, neighbors, etc.
2. Plan for any special needs your family may have, such as medical or medication needs.
3. Make a list of community organizations that can help with needs your family may have such as counseling, food resources, etc.
4. Create an emergency contact list for your family.
5. Choose a room in your home that can be used to separate sick household members from those who are healthy.
6. Consider what you would need to do if your child could not go to school or if you could not go to work for several days.
7. Stay informed and updated about the COVID-19 situation by reading reliable resources such as the Centers for Disease Control at www.cdc.gov
8. This website can help you plan and be prepared: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html>

ELVPHD has been actively monitoring the COVID-19 situation and is staying in close contact with Nebraska Department of Health and Human Services (DHHS), Centers for Disease Control (CDC), your school, and many other partners in the area to protect the people of Northeast Nebraska. This is a quickly changing situation with many unanswered questions, but more is understood every day.

Here are simple things you can do to help yourself and others to stay healthy:

1. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use hand sanitizer with at least 60% alcohol.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
4. **Stay home and away from others when you are sick for the full duration of illness.**
5. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe (door knobs, light switches, cabinet handles, remotes, cell phones, etc.)
6. Get the facts, make a plan.

Sincerely,
Gina Uhing
Health Director