

# Leyton Public Schools

## Home of the Warriors

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Dalton, Nebraska 69131  
308-377-2301

Superintendent  
308-377-2301  
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Leyton Elem-Junior High School  
521 Rose St.  
P.O. Box 178  
Gurley, Nebraska 69141  
308-884-2247

Dear parents/guardians and community members,

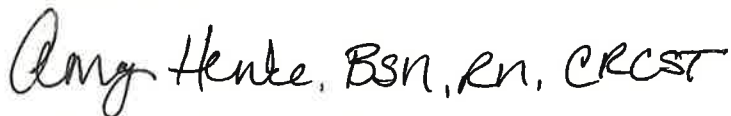
March 17, 2020

COVID-19...it's a new type of coronavirus that is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. Concern over this virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection.

Please be aware that health and school officials are working hard to ensure that our community, and people throughout our county, state and country stay healthy. There is a lot of information out there, and it is constantly changing. I have sifted through much of the information and have compiled some simple guidelines for you to follow. It is my wish to provide accurate prevention information and facts without causing undue stress.

It is important to note that not everyone will get the coronavirus (COVID-19) disease. There are things you can do to stay healthy and to avoid spreading the disease. I have compiled some flyers that were sent to me by the Panhandle Public Health District (PPHD) in accordance with the recommendations of the Center for Disease Control and Prevention (CDC). And please...by all means...if you have any health related concerns, do not hesitate to contact your personal health care provider. As Benjamin Franklin once said..."an ounce of prevention is worth a pound of cure".

Respectfully,



Amy Henke, BSN, RN, CRCST  
Leyton Public School Nurse

*You're on the road of life, and education is your fuel; the more you have, the farther you will go.*

*An equal opportunity employer*

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**



**COUGH**



\*Symptoms may appear 2-14 days after exposure.

**SHORTNESS OF BREATH**



If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.



COVID-19 Unified Command  
A PARTNERSHIP



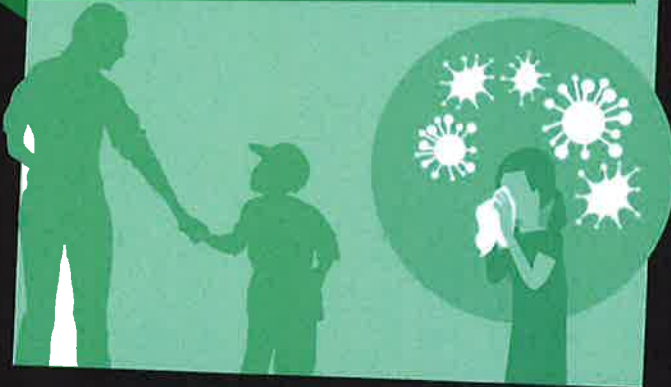
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PANHANDLE PUBLIC HEALTH DISTRICT (308)262-5764 24/7  
SCOTTS BLUFF COUNTY HEALTH DEPARTMENT (308)630-1580  
TO SELF REPORT OR IF THERE ARE QUESTIONS PLEASE CALL  
BEFORE SEEKING MEDICAL CARE

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

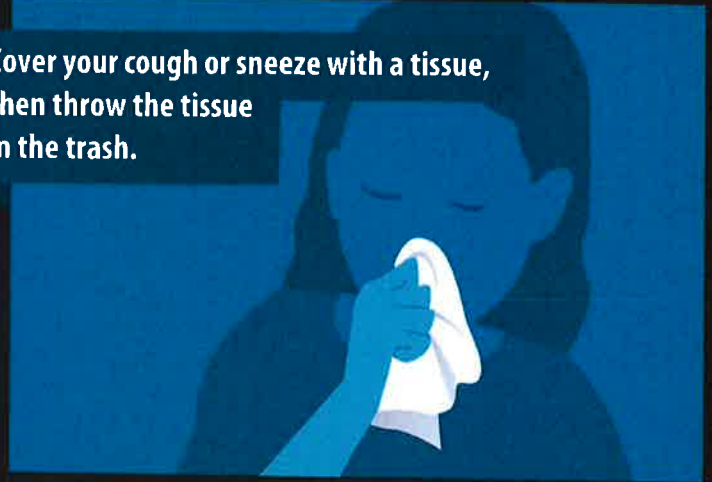
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Avoid close contact with people who are sick.**



**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**



**Avoid touching your eyes, nose, and mouth.**



**Clean and disinfect frequently touched objects and surfaces.**



**Stay home when you are sick, except to get medical care.**



**Wash your hands often with soap and water for at least 20 seconds.**



**COVID-19 Unified Command**  
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Pawnee Public Health District  
SHELBY COUNTY PUBLIC HEALTH DISTRICT  
SCOTT BLUFF COUNTY HEALTH DEPARTMENT (308) 630-1580  
TO SELF REPORT OR IF THERE ARE QUESTIONS PLEASE CALL BEFORE SEEKING MEDICAL CARE

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# How to Protect Yourself

## Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Take steps to protect yourself



### Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



### Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick.](#)



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



## Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

### To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

### Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water  
OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

# WHAT DOES SELF-QUARANTINE MEAN?

## STAY HOME

Stay home from work, school, and away from other public places.



## MONITOR YOUR SYMPTOMS

Monitor your symptoms each day. Symptoms include: fever, cough, and difficulty breathing.



## CALL THE HEALTHCARE PROVIDER

If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19



If you must go out, avoid using any kind of public transportation, or ride share.

## NOTIFY THE DISPATCH PERSONNEL

For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.



## COVER YOUR COUGH AND SNEEZES.



Please go to [www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

## WASH YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## STAY AWAY FROM OTHER PEOPLE

As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in the home, wear a facemask.



## AVOID SHARING PERSONAL ITEMS

Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



## CLEAN ALL SURFACES

Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



## COVID-19 Unified Command A PARTNERSHIP

Panhandle  
Public Health District

Scotts Bluff County  
Health Department



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