

Ramsey Community Unit Schools

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Ramsey CUSD #204 Students, Staff and Families:

As you know, many communities have been affected by Coronavirus. The good news at this time is that the health risk to the general public from coronavirus remains low. As a school district, our goals for the next few weeks are:

1. To make sure our students and families are informed. If you have questions, please feel free to contact your child's school office, school principal, or superintendent.
2. To spend extra time daily using disinfectant on every student desk, door knob, and bathroom surfaces.
3. To implement an emergency plan, involving E-Learning, to handle any situations should the virus impact Fayette County or the Ramsey #204 School District.
4. To educate and remind students the proper way to wash hands, sanitize, and protect themselves.

The health and safety of our students is our top priority, so we want to share with you information that the Illinois Department of Public Health (IDPH) has published for schools throughout the state.

The IDPH recommends schools hold classes and events as usual, and follow routine cleaning and disinfecting procedures; no special measures are necessary.

The IDPH also recommends the best way to protect against coronavirus is by taking the same everyday precautions against getting sick in general. These include:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces.

We will continue to closely monitor recommendations regarding coronavirus and will update you as soon as there are any significant changes in recommendations for schools. Thank you for your support in helping to keep our school community healthy.

Sincerely,

Melissa Ritter, Superintendent

What is coronavirus disease 2019 (COVID-19)?

Coronavirus is a large family of viruses, some causing illness in people, and others that circulate among animals. Human coronaviruses are common throughout the world and commonly cause mild to moderate illness in people worldwide. COVID-19 is a new coronavirus that was recently discovered in China.



Symptoms

- Fever
- Cough
- Shortness of breath



Spread by...

- 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



How can I help protect myself?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.



If you're sick...

- stay home
- cover your cough or sneeze with a tissue, then throw the tissue in the trash
- clean and disinfect frequently touched objects and surfaces



Treatment

- Take pain and fever medications.
- Drink plenty of fluids.
- Stay home and rest.



Questions?

Call 1-800-889-3931 or email DPH.SICK@ILLINOIS.GOV to have all your COVID-19 questions answered.

*Info from [cdc.gov](https://www.cdc.gov) and [idph.illinois.gov](https://www.idph.state.il.us)