Coronavirus Disease (COVID-19)

The Wiggins School District is actively monitoring the Coronavirus Disease (COVID-19) situation in the United States. The situation is rapidly evolving, and we continue to monitor information from the Centers for Disease Control and Prevention (CDC) and the Colorado Department of Public Health and Environment (CDPHE).

Symptoms of COVID-19 include fever, cough and shortness of breath. If you are suffering from these symptoms contact your healthcare provider and avoid contact with others including school activities.

The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth.
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces using a regular household
  cleaning spray or wipe.
• Follow CDC's recommendations for using a facemask:
        – CDC does not recommend that people who are well wear a facemask to protect
          themselves from respiratory diseases, including COVID-19.
        – Facemasks should be used by people who show symptoms of COVID-19 to help
          prevent the spread of the disease to others. The use of facemasks is also crucial for
          health workers and people who are taking care of someone in close settings (at home
          or in a healthcare facility).
• 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 an alcohol-based hand sanitizer with at
          least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

CDPHE COVID-19 Resource Center: https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus

CDC Coronavirus Information: https://www.cdc.gov/coronavirus/2019-ncov/index.html

Social distancing

When possible, keep 6 feet between you and others when you are out.

Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures like canceling group events or closing public spaces, as well as personal decisions such as avoiding crowds.

Avoid

Group gatherings	Visitors in your house
Sleep overs	Non-essential workers in
Playdates	your house
Concerts	Mass transit systems
Theatre outings	Malls
Athletic events	Workouts in gyms
Crowded stores	

Use Caution

Visit local restaurant
Visit grocery store
Get take out
Pick up medications
Play solo sports (like tennis)
Travel

Safe

Take a walk	Clean your home	Family game night
Go for a hike	Read a good book	Go for a drive
Yard work	Listen to music	Group video chat
Play in your yard	Cook a meal	Stream a show

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