

COVID-19: Coronavirus Information

Coronaviruses are common and are estimated to cause about 33% of common colds. Health organizations are still learning about the novel strain, COVID-19. The Minnesota Department of Health (MDH) and Minnesota Department of Education (MDE) collaboratively take the lead on decisions regarding school closures or other impact on schools that could result from outbreaks of contagious conditions. They monitor local and national health concerns and are connected with major health organizations with access to up-to-date information.

Prevention

We are in the prevention stage of managing for current outbreak of coronavirus and have standards and protocols in place just as we do during influenza season. Key district leadership have met and are continuing to discuss and prepare in the event that additional districtwide response is needed.

The most significant things you can do to protect yourself and your family from contagious conditions are the same preventative practices that we promote every year during cold and flu season:

- **Wash your hands regularly**, especially after using the restroom and before preparing or consuming food. Wash for 20 seconds, using soap and hot water. Be sure to also wash your fingertips.
- **Cover a cough.** Avoid coughing or sneezing into your hands or in the air. Always try to cough or sneeze into a tissue, and then throw the tissue away. If you don't have a tissue, cough/sneeze into your arm.
- **Avoid touching your eyes, mouth and nose.**
- **If you are feeling sick, please stay home from.**

Resources

Minnesota Department Health

<https://www.health.state.mn.us/diseases/coronavirus/index.html>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

CDC: How to Protect Yourself

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Information for Kids

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

https://www.edinaschools.org/cms/lib/MN01909547/Centricity/Domain/1163/COVID-19_parent_handout_NASP_NASN_2-20_FINAL.pdf

COVID-19: Coronavirus Information

Los coronavirus son comunes y se estima que causan alrededor del 33% de los resfriados comunes. Las organizaciones de salud todavía están aprendiendo sobre la nueva cepa, COVID-19. El Departamento de Salud de Minnesota (MDH) y el Departamento de Educación de Minnesota (MDE) colaboran en la toma de decisiones sobre el cierre de escuelas u otro impacto en las escuelas que podría resultar de brotes de condiciones contagiosas. Supervisan los problemas de salud locales y nacionales y están conectados con las principales.

Prevención

Estamos en la etapa de prevención del manejo del brote actual de coronavirus y tenemos estándares y protocolos establecidos tal como lo hacemos durante la temporada de influenza. Los líderes clave del distrito se han reunido y continúan discutiendo y preparándose en caso de que se necesite una respuesta adicional en todo el distrito.

Las cosas más importantes que puede hacer para protegerse y proteger a su familia de enfermedades contagiosas son las mismas prácticas preventivas que promovemos todos los años durante la temporada de resfriados y gripe:

- Lávese las manos regularmente, especialmente después de usar el baño y antes de preparar o consumir alimentos. Lave por 20 segundos, usando jabón y agua caliente. Asegúrese de lavarse también las yemas de los dedos.
- Cubra la tos. Evite toser o estornudar en las manos o en el aire. Siempre trate de toser o estornudar en un pañuelo desechable, y luego bótelo. Si no tiene un pañuelo, tosa / estornude en su brazo.
- Evite tocarse los ojos, la boca y la nariz.
- Si se siente enfermo, quédese en casa.

Recursos

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<https://www.health.state.mn.us/diseases/coronavirus/index.html>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

CDC: Como protegerte

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Information para niños

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

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