



Parents,

The Bullock County School District would like to be proactive with the outbreak of the Coronavirus disease. Although there are currently no confirmed cases in the state of Alabama, we would like to take preventive measures to continue to keep the spread of this virus down (especially in our community). We, as a community, must work together to do so through staying informed and practicing simple preventive methods.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. There is currently no vaccine to protect against or antiviral treatment for COVID-19. The best way to prevent infection is to take everyday preventive actions.

Who is at risk for contracting the disease?

Anyone may contract the disease. The risk is higher for people who are in close contact with someone known to have COVID-19, for example healthcare workers, or household members. Others at higher risk are those who live in or have recently been in areas with ongoing spread of COVID-19.

What are the symptoms of COVID-19?

The symptoms of the COVID-19 are similar to those of the flu. Individuals may experience mild to severe respiratory illness with symptoms of:

- **Fever**
- **Cough**
- **Shortness of Breath**

If you are experiencing these symptoms, please visit your health care provider to be evaluated.

What preventive measures can I take?

People can help protect themselves from COVID-19 and respiratory illness with everyday preventive actions.

- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.**

If you or your child is sick, to keep from spreading respiratory illness to others, preventive measures that may be taken include:

- **Staying home when you are sick.**
- **Covering your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **Cleaning and disinfecting frequently touched objects and surfaces.**

Parents also be reminded that Spring Break is approaching us. Be sure to check the most up-to-date information regarding your destination before traveling outside of the state.

For more information and updates please visit www.cdc.gov/COVID19 or contact the School Nurse at your child's school

PREVENTION IS THE KEY!!!