This is information regarding the Coronavirus/Covid-19 for Philomath School District. We currently **do not** have any local cases. This allows us time to educate and remind what we should be doing for prevention.

Here is what Philomath School District is doing to help prevent the spread of viruses in our school setting: We continue to aggressively clean and sanitize our schools with hospital grade cleaners. This will continue through the end of the school year due to the increase in illnesses within the Willamette Valley in 2019-2020. We encourage and remind about frequent hand washing, covering of coughs and sneezes. We ask that any ill students stay home and that families follow recommendations on the school health web page.
We are working with Benton County Health Department and the Oregon Department of Education for updated information regarding the Coronavirus.

Prevention is the same as for the annual flu:

* Cover your mouth/nose with a tissue or sleeve when coughing or sneezing. Throw used tissues in the trash, do not leave tissues on a surface.

* Wash hands frequently with soap and water, particularly before eating, after using the bathroom and after being near someone who is ill.

* Avoid touching your eyes, nose & mouth unless you have just washed your hands.

* Eat a healthy diet, stay hydrated, and get adequate rest.

*Avoid contact with those who are ill.

* If you do become ill, please protect others by staying home from work, school, and social settings until symptoms have stopped for 24 hours.

Education and prevention are key in helping manage illness and for information that flows to us. The safety and wellbeing of our students and community are top priority.

Please see the CDC and BCHD links below for more detailed information regarding the Coronavirus/Covid-19:

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

https://www.co.benton.or.us/health/page/alerts-and-critical-health-information

Thank you for helping take care of our students and community,
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