

HCS' Strategic Plan Goal 2:

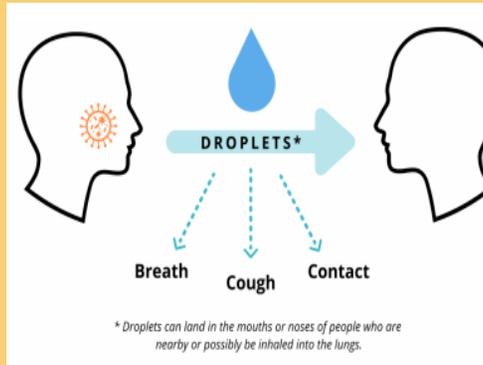
"Health & Wellness"

Halifax County Schools will improve the overall physical & mental health & wellness of its student and faculty populations to reduce preventable health care costs and increase teacher and student productivity.

Halifax County Schools will:

- Increase student & faculty access to healthy eating and active living opportunities across the district by 10% by 2022.
- Increase in the number of students and faculty engaged in health and wellness programs across the district by 10% by 2022.
- Increase in the number of health and wellness programs across the district by 1% by 2020.

How can I learn more about the coronavirus (COVID-19) ?



<https://www.doh.wa.gov/Portals/1/Documents/1600/NovelCoronavirusFactSheet.pdf>



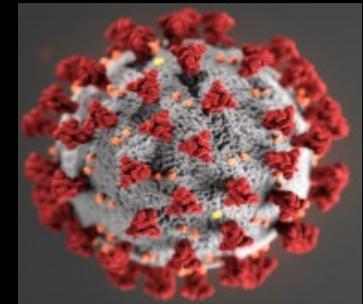
For more information google:

<https://tools.cdc.gov/medialibrary/index.aspx#/results>

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The Coronavirus and Preventive Care



Halifax County Schools



Dear Students,

News of the coronavirus (*COVID-19*) is being aired across America. The coronavirus is a new virus strain spreading from person-to-person in China and other countries, including the United States. Health experts are concerned because little is known about this new virus, and it has the potential to cause severe illness and pneumonia in some people. Currently, the risk to the general public is low. At this time, there are a small number of individual cases in the U.S. As with any newly emerging infectious disease, knowledge evolves with time. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Although coronavirus originated geographically in Wuhan, China, the disease is not specific to any ethnic group. You may be wondering “*how does this impact your school, and what can you and your friends do to prevent the spread of the coronavirus in your school community*”. Currently, it is thought to spread by way of respiratory droplets that are produced when an infected person coughs or sneezes in close contact with another person. However, you and your friends can take simple steps to reduce risks for getting and spreading any virus.

As a school district, I am asking all elementary and secondary students to do what is normally recommended to prevent the spread of colds and flu in our schools. To keep your school community healthy, remember to do the following:

1. Stay home when you are sick (i.e. fever, cough & sneezing, vomiting, chills, headache, dizziness, upset stomach, and difficulty breathing.
2. Wash your hands frequently with soap and water for at least 20 seconds after: going to the restroom, blowing & wiping your nose, recess, and before eating. If soap and water are not readily available, use hand sanitizer with at least a 60% alcohol-base.
3. Avoid touching your eyes, nose, and mouth with unwashed hands. (Remember we can’t physically “see germs”.)
4. Cover coughs and sneezes; dispose of used tissues immediately.
5. Inform your teacher when adequate

supplies for good hygiene are not in the restroom and cafeteria (i.e. clean sinks, soap, paper towels, tissue, and alcohol-based hand sanitizer).

6. Contact your teacher, custodian or school nurse if your friend turns ill (vomit) in the classroom, cafeteria, gym, or restroom. It will need cleaning and disinfecting. Disinfecting is the responsibility of the school custodial staff. They are trained to use disinfectants in a safe and effective manner when cleaning up potentially infectious materials and body fluid spills such as: blood, vomit, feces, and urine.

It is important to know that early on, it is difficult to know the ways in which a disease spreads and how severe the infection is. We will continue to update you on the coronavirus as more information becomes available.

Halifax Rise!
Dr. Eric Cunningham

Update: There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization. Be sure to inform your parents of symptoms of a cold or flu.