

Dear Parents and Students,

By now you know that cases of the Coronavirus (COVID-19) have been found in Nebraska. We understand that this news is worrisome and that extra attention will be placed on schools in the coming days.

As with any contagious illness, we are working closely with the Nebraska Department of Education and local and state health departments to follow their guidelines.

Our students depend on us to make sure they are safe. Part of that responsibility is passing along the proper information about the disease and how best to prevent it from spreading. There are some simple everyday steps you can take to reduce your chances of exposure and to protect others. Fortunately, these steps are the same to prevent the flu, the common cold, and other respiratory illnesses.

- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue (or sleeve) and throw the tissue away.
- Clean and disinfect surfaces that are often touched.
- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Take care of your health overall. Getting plenty of rest, eating well, and exercising all help your body stay resistant to disease.

The main concern with the COVID-19 virus is its effect on individuals that are in higher risk categories. Older adults and people of all ages (students included) that have chronic health conditions like heart disease, lung disease, diabetes, asthma, or a compromised immune system are at higher risk of developing serious illness. Students and young adults seem to have less severe symptoms from the virus but have the ability to spread the virus to the more vulnerable segments of the population. If or when we have a case of the coronavirus in our community, we will consult with our state and local health departments and the Nebraska Department of Education on how to proceed. Our first concern is always the safety of our students and staff. If there is a local outbreak of the virus, we'll work with the various government agencies to try to reduce the risk of exposure and to help slow the spread and the impact of the virus. This is a very fluid and ever-changing situation that we're dealing with. Since mailing letters takes three to four days to reach our families, in the future we'll be contacting you electronically via text and emails with new information. All of the materials will be located at the district website, www.sheltonbulldogs.com, under the COVID-19 tab located at the top of the webpage.

Sincerely,



Brian F. Gegg, Superintendent

SHELTON PUBLIC SCHOOL

P.O. Box 610, Shelton, NE 68876

www.sheltonbulldogs.org



308-647-6742 District Office
308-647-5459 High School Office
308-647-6558 Elementary Office
308-647-5233 Fax

Brian Gegg — Superintendent
Jeff Kenton — Elementary Principal
Jeremy Wieseler — Secondary Principal,
Athletic Director

Dear Elementary Parents and Guardians,

We want to update you on our district plan regarding the Coronavirus (COVID-19). By now you know that cases of the Coronavirus (COVID-19) have been found in Nebraska. We understand that this news is worrisome and that extra attention will be placed on schools in the coming days. We know there is a possibility of schools being closed for a period of time to restrict the spread of the virus. Our teachers have been working diligently to come up with a plan to continue educating our students if we are forced to close school for an extended period of time. At this time, Shelton Elementary's Educational delivery plan will be as follows:

Device: 3rd-6th Grade will utilize SPS issued Chromebook
K - 2nd Grade will have packets mailed to them with a drop off location located at the main elementary office.


Platform: Schoology (3rd through 6th Grade Only)

- Schoology Conference
 - This is an interactive video, whiteboard, and discussion tool that allows for a virtual classroom experience
- Other (already commonly utilized) curricular materials that are web-based platforms (Actively Learn, IXL, Khan Academy, Reading Works and etc.)

Expectations: Live Class Sessions via Schoology Conference will take place with the teacher during the first 15 minutes of each class period.
All coursework, tests, and quizzes are expected to be completed on timelines designated by the classroom teacher.
Teachers will be available via Schoology and email during normal School hours to assist students with their work.

Remember, this is a contingency plan if, and only if we must close school for a period of time. This can be viewed as a hassle and a bother, or it can be viewed as a great opportunity to demonstrate flexibility and determination on the part of both school personnel and students. We are better equipped to handle a situation of this nature at this point in time, better than we have ever been. We will promptly communicate any developments in this situation or changes with our contingency plan with you electronically (Social Media, District Website, School Messaging System) to ensure you have the information as quickly as possible. If the district has to be closed for an extended period of time, parents should make arrangements for having their kids at home while the school is shut down.

Educationally,


Jeff Kenton, Principal
Shelton Elementary

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Athletic Director

Dear High School Parents and Students,

As we've all heard, Coronavirus (COVID-19) is out there and caution is being exercised at all levels to limit exposure. In light of that, we know there is a possibility of schools being closed for a period of time to mitigate the risk of exposure. While we know this isn't ideal, educationally, it may be deemed necessary by the powers that be. Our job is now planning alternate methods of delivery of instruction to ensure we get the best possible educational outcome for each of the students we serve, for however long we need to operate in an alternative manner. At this time, Shelton High School's Educational delivery plan will be as follows:

- Device: SPS issued Chromebook
- Platform: Schoology
- Schoology Conference
 - This is an interactive video, whiteboard, and discussion tool that allows for a virtual classroom experience
 - Other (already commonly utilized) curricular materials that are web-based platforms (Actively Learn, IXL, Khan Academy, and etc.)
- Expectations: Live Class Sessions via Schoology Conference will take place with the teacher during the first 20 minutes of each regularly scheduled class period (Ex. 1st period goes from 8:00-8:52, so the online live class session would be running for 8:00-8:20, and so on and so forth throughout the day.)
- All coursework, tests, and quizzes are expected to be completed on timelines designated by the classroom teacher, as usual.
- Teachers will be available via Schoology and email during normal school hours to assist students on their work

Remember, this is an contingency plan if, and only if we must close school for a period of time. This can be viewed as a hassle and a bother, or it can be viewed as a great opportunity to demonstrate flexibility and determination on the part of both school personnel and students. We are better equipped to handle a situation of this nature at this point in time, better than we have ever been. We will promptly communicate any developments in this situation or changes with our contingency plan with you electronically (Social Media, District Website, School Messaging System) to ensure you have the information as quickly as possible. Go Bulldogs!

Educationally,

A handwritten signature in black ink, appearing to read 'Jeremy Wieseler'. The signature is fluid and cursive, written over a light blue horizontal line.

Jeremy Wieseler, Principal
Shelton High School

"Becoming The Best Version of Ourselves, Together"

Dear Parents:

In the wake of the worldwide spread of COVID-19 (Coronavirus), in addition to the high levels of influenza virus still circulating, we at Shelton Public Schools feel it is necessary to provide factual, helpful information and updates to our patrons. In order to be proactive, we have been in communication with the families who had a student on the school trip to Costa Rica and have provided them with information on COVID-19, including the symptoms to look for, how to self-monitor, and when/how to seek medical attention if needed. At this time, Costa Rica is considered to be at a Level 2 Alert, meaning travel has not been restricted at this time and quarantine is not mandatory for those individuals returning from Costa Rica.

With living in a mobile society, and the spread of the COVID-19 virus evolving everyday, it is necessary for all of us to be diligent in helping to stop the spread of germs by adhering to the following prevention practices:

- Washing your hands often with soap and water for 20 seconds
- Avoid touching your eyes, nose, or mouth
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- If a cough or sneeze sneaks up on you and no tissue is available, cough or sneeze into your upper sleeve/elbow
- Clean and disinfect frequently touched objects and surfaces
- Stay home when you are sick, except to get medical care

If you or your child is exhibiting symptoms of COVID-19 (fever, dry cough, shortness of breath or difficulty breathing) or of influenza (fever, cough, congestion, body aches, fatigue), please follow the guidelines listed below:

- Stay home and contact your doctor right away with your symptoms
- Tell your doctor if you have recently traveled internationally
- Please call your doctor ahead to tell him or her about your symptoms and recent travels and possible exposure **before** you go to an appointment as they may want to take special precautions at the doctor's office/clinic

Enclosed is a fact sheet on COVID-19 and what to do if you happen to become sick with the virus. Be alert for more information from the school as the COVID-19 situation evolves.

Sincerely,

Jackie Cornelius R.N.
Shelton School Nurse



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses.

These include

- 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 are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



For more information: www.cdc.gov/COVID19

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

