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February 27, 2020

Dear WCS Community,

With the increased concerns about the coronavirus spreading in the United States, the WCS Crisis Response Team is developing a plan that uses best practices recommended by state and county health department officials.

Given there are no confirmed cases in our area, the best course of action is to focus on prevention, much like we do for the "flu." The Macomb County Health Department recommends the following tips for staying healthy:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick and please keep your children home if they 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 using a regular household cleaning spray or wipe.

In addition to these tips, I have included some additional information from state health officials. If you have any questions about the coronavirus, feel to contact one of our WCS Nurses Julia Lechtenberg at 586-698-4621 or Ann Clark at 586-698-4533.

Most important, please know that we are closely monitoring the situation district-wide, and I will keep you updated as relevant information becomes available.

Sincerely,

Robert D. Livernois, Ph.D.
Superintendent

2019 NOVEL CORONAVIRUS

The Michigan Department of Health and Human Services (MDHHS) is working closely with healthcare providers, local public health departments, and the Centers for Disease Control and Prevention (CDC) to actively monitor any potential cases of 2019 Novel Coronavirus (2019-nCoV) in Michigan. MDHHS will update information as it becomes available at: michigan.gov/coronavirus.

What is 2019 Novel Coronavirus?

2019 Novel Coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia.

How does 2019 Novel Coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing.
- close personal contact, such as touching or shaking hands.
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- in rare cases, contact with feces.

What are the symptoms of 2019 Novel Coronavirus?

People who have been diagnosed with 2019 Novel Coronavirus have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus:



Fever



Cough



Difficulty Breathing

Who is at risk for 2019 Novel Coronavirus?

Currently the risk to the general public is low. At this time, there are a small number of individual cases in the United States. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See cdc.gov/travel for the latest travel guidance from the CDC.

How can I protect myself from getting 2019 Novel Coronavirus?

If you are traveling overseas (to China but also to other places) follow the CDC's guidance: cdc.gov/travel.

Right now, there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent 2019 Novel Coronavirus:



Wash your hands often with soap and water. If not available, use hand sanitizer.



Avoid touching your eyes, nose or mouth with unwashed hands.



Cover your mouth and nose with a tissue when coughing.



Avoid contact with people who are sick.



Stay home if you are sick, and contact your healthcare provider.

How is 2019 Novel Coronavirus treated?

There are no medications specifically approved for coronavirus. People infected with 2019 Novel Coronavirus should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

2019 Novel Coronavirus Information Updates:

Centers for Disease Control and Prevention: cdc.gov/coronavirus

Michigan Department of Health and Human Services: michigan.gov/coronavirus

فيروس نوقل كورونا 2019

تعمل إدارة الصحة والخدمات الإنسانية في ميشيغان (MDHHS) جنباً إلى جنب مع مقدمي الرعاية الصحية، إدارات الصحة العامة المحلية، ومراكز السيطرة على الأمراض والوقاية منها (CDC) من أجل المراقبة بفعالية أي حالة محتملة من فيروس نوقل كورونا 2019 (2019-nCoV) في ميشيغان. ستقوم إدارة الصحة والخدمات الإنسانية في ميشيغان بتحديث المعلومات عند توفرها على: michigan.gov/coronavirus

ما هو فيروس نوقل كورونا 2019؟

فيروس نوقل كورونا 2019 هو سلالة فيروس والتي إنتشرت بين الناس فقط منذ كانون أول (ديسمبر) 2019. أخصائيو الصحة قلقون لأن القليل فقط معروف عن هذا الفيروس الجديد و الذي لديه القدرة بالتسبب بمرض خطير و الإلتهاب الرئوي.

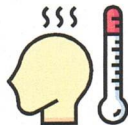
كيف ينتشر فيروس نوقل كورونا 2019؟

ما زال أخصائيو الصحة يتعلمون التفاصيل حول كيفية إنتشار فيروس كورونا الجديد هذا. فيروسات الكورونا الأخرى تنتشر من شخص مصاب إلى الآخرين من خلال:

- الهواء عبر السعال و العطس
- الإتصال الشخصي عن قرب، كاللمس أو المصافحة.
- لمس غرض أو سطح عليه الفيروس، ومن ثم لمس فمك، أنفك، أو عينيك.
- في حالات نادرة، لمس البراز.

ما هي أعراض فيروس نوقل كورونا 2019؟

الأشخاص الذين تم تشخيصهم بفيروس نوقل كورونا 2019 قد أبلغوا عن أعراض يمكن أن تظهر بين ما يقرب من يومين إثنين أو ما يصل إلى 14 يوماً بعد التعرض للفيروس:



الحمى



السعال



صعوبة في التنفس

من هو في خطر التعرض لفيروس نوقل كورونا 2019؟

حالياً الخطر على عامة الناس منخفض. في هذا الوقت، هناك عدد قليل من الحالات الفردية في الولايات المتحدة. لتقليل خطر الانتشار الى أدنى حد، يعمل مسؤولي الصحة مع مقدمي الرعاية الصحية لتحديد و تقييم أي حالات مشبوهة بأسرع وقت.

المسافرين من وإلى بعض أنحاء العالم يمكن أن يكونوا في خطر متزايد. أنظر الموقع الإلكتروني [cdc.gov/travel](https://www.cdc.gov/travel) للحصول على أحدث إرشادات للسفر من مراكز السيطرة على الأمراض والوقاية منها (CDC).

كيف يمكنني حماية نفسي من الإصابة بفيروس نوقل كورونا 2019؟

إذا كنت مسافراً خارج البلاد (إلى الصين ولكن أيضاً إلى أماكن أخرى) إتبع إرشادات مراكز السيطرة على الأمراض والوقاية منها (CDC) على الموقع الإلكتروني: [cdc.gov/travel](https://www.cdc.gov/travel).

في الوقت الحاضر، لا يوجد أي احتياطات إضافية موصى بها لعامة الناس. سوف تساعد خطوات ممكن أن تتخذها لتجنب الزكام و نزلات البرد في تجنب أيضاً الإصابة بفيروس نوقل كورونا 2019:



إغسل يديك عدة مرات بالصابون و المياه. في حال عدم توفرها، استخدم معقم اليدين.



تجنب لمس عينيك، أنفك، أو فمك ببيدين غير مغسولتين.



قم بتغطية فمك وأنفك بمنديل ورقي عند السعال.



تجنب الاتصال الجسدي بأشخاص مرضى.



إبقى في المنزل إذا كنت مريضاً، و إتصل بمقدم الرعاية الصحية الخاص بك.

كيف يعالج فيروس نوقل كورونا 2019؟

لا يوجد أية أدوية موافق عليها خصيصاً لفيروس كورونا. الأشخاص المصابون بفيروس نوقل كورونا 2019 يجب عليهم تلقي الرعاية الداعمة من أجل المساعدة في تخفيف الأعراض. للحالات الشديدة، يجب أن يحتوي العلاج على الرعاية لدعم عمل الأعضاء الحيوية.

تحديثات للمعلومات حول فيروس نوقل كورونا 2019:

مراكز السيطرة على الأمراض والوقاية منها (CDC): [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
إدارة الصحة والخدمات الإنسانية في ميشيغان (MDHHS): [michigan.gov/coronavirus](https://www.michigan.gov/coronavirus)

شكراً للصحة العامة - مقاطعة سيال و كينغ للمساهمات الكبيرة في هذه الوثيقة.

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.

