

Here is some information from our school nurses:

News of a widespread public health concern like COVID-19 can cause feelings of uncertainty and anxiety. As COVID-19 spreads, it not only creates stress but can add to existing anxieties. Accurate information, preparation and evidence-based practice are powerful tools to help ease feelings of uncertainty and anxiety. Find accurate information about COVID-19 from reliable sources such as the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH) <https://www.nih.gov/health-information/coronavirus> and your local health departments <http://www.kendallhealth.org/>

Please take extra precautions outlined by the CDC to protect your health, particularly if you are over 60 years old or have an underlying medical condition.

Below are some links to information from the CDC about what to do if you are ill and ways to prepare for the impact of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

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

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf This is a link to the President's coronavirus guidelines for Americans