



CORONAVIRUS (COVID-19) HEAD START/EARLY HEAD START HEALTHY HABITS FOR PREVENTION



Dear Parents and Caregivers,

We want you to know what preventive steps we have taken and continue to take to stop the spread of germs and to prevent illness. Please use these healthy habits in your home. As always, your child's health is our highest priority.

Working together we will do everything we can to prevent the risk of illness!

WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person.

HOW DOES COVID-19 SPREAD?

COVID-19 is a new disease and we are still learning how it spreads, the severity of illness it causes, and to what extent it may spread in the United States..

PERSON-TO-PERSON SPREAD

Between people who are in close contact with one another when an infected person coughs or sneezes.

SPREAD FROM CONTACT WITH CONTAMINATED SURFACES OR OBJECTS

Possibly by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

WHAT ARE THE SYMPTOMS OF COVID-19?

- Fever
- Cough
- Shortness of Breath

Seek Medical Advice If You:

Develop symptoms

AND:

Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

HOW HEAD START/EARLY HEAD START STAFF PROMOTES HEALTHY HABITS IN THE CLASSROOM AT ALL TIMES

- **Reinforcing proper hand washing techniques:**
 - Staff and children immediately wash their hands upon entering the classroom with soap and water for a minimum of 20 seconds. They wash their hands after using the restroom and before preparing or eating food.
- **Cover coughs and sneezes:**
 - Staff and children are ensuring they cover their mouths and noses with a tissue when coughing or sneezing. They then throw used tissues in a lined trash can and immediately wash their hands with soap and water or alcohol-based sanitizer when soap and water is not available.
- **Cleaning and disinfecting frequently touched objects and surfaces with hospital grade disinfectant cleaner.**
- **Encouraging those that are sick to stay home:**
 - If your child is sick please keep them home to prevent further risk to others around them.
- **Providing resources to learn more about the Coronavirus and additional illnesses.**

FOR TIPS FROM THE CDC TO HELP PREVENT THE SPREAD OF DISEASES LIKE COVID-19 PLEASE SEE THE BACK OF THIS PAGE

FOR MORE INFORMATION PLEASE GO TO WWW.CDC.GOV/COVID19 AND FOLLOW US ON SOCIAL MEDIA FOR ANY PERTINENT UPDATES



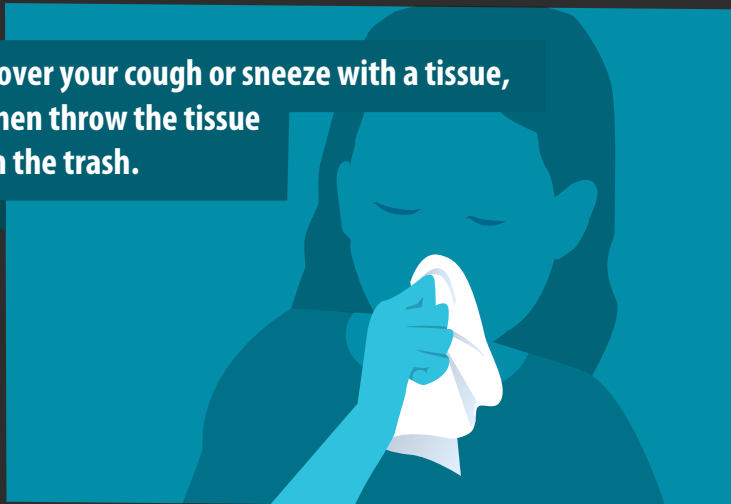
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue,
then throw the tissue
in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently
touched objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.

