



Attention School Administrators and Staff:

The Washington Department of Health (DOH) continues to report that the immediate risk of illness from the new coronavirus known as COVID-19 remains relatively low at this time. Even so, the potential public health threat posed by COVID-19 is high, both to the U.S., and globally.

The state's Health Department continues to update the current risk and provides an overall assessment of the situation in our state, including the number of confirmed deaths and the number of people under public health supervision.

Get more details at: <https://www.doh.wa.gov/Emergencies/Coronavirus>

DOH has also established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus is spread, and what to do if you have symptoms, call 1-800-525-0127 and press #. Note: The DOH coronavirus hotline is experiencing high traffic and may be temporarily unavailable.

Health tips

There are steps people can take to reduce their risk of getting and spreading any viral respiratory infections. We encourage you to share these tips with your staff and students.

Health tips include:

- 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.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.
- Stay at home and away from others if you are feeling ill.

For your convenience, we have attached a one-page handout from the Centers for Disease Control and Prevention that illustrates, with pictures, how to stop the spread of germs.

Poster

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>