



Mexico Public Schools

February 28, 2020

Dear Mexico 59 parents and staff,

Cold and flu season is in full swing; we have seen an increased number of students and staff with symptoms of influenza and other winter illnesses. In addition, the Centers for Disease Control (CDC) has issued recent advisories related to the coronavirus.

The flu is a contagious respiratory illness caused by influenza viruses and can cause mild to severe illness. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat and cough.

The flu season has been complicated by recent reports of a new coronavirus (COVID-19). Coronaviruses are a large family of viruses with common symptoms similar to the flu, which include a fever, cough, shortness of breath or difficulty breathing. There are currently no confirmed cases of COVID-19 in Missouri. The Missouri Department of Health and Senior Services (DHSS) has established a website, which also links to information from the CDC, for those seeking more information about this new coronavirus.

When a new disease is circulating, it's natural for people to ask what they can do to protect themselves and their families. The best guidance is to take the same precautions recommended during flu season. We urge all families to continue the practice of maintaining healthy behaviors, which include, but are not limited to:

- ★ Wash hands frequently with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available;
- ★ Cover nose and mouth with a sleeve or a tissue when coughing or sneezing;
- ★ Avoid touching eyes, nose and mouth to prevent the spread of germs;
- ★ Clean and disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick;
- ★ Stay home from school and work when you are sick.



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We continue to monitor illness in our schools on a regular basis, including symptoms and absences of students and staff. If we are concerned about the attendance rate of students or staff due to illness, you will be notified.

As always, we will share additional information with you as needed. If you have any questions about the health and wellness of your students, please contact your school nurse.

Thank you for your help as we keep our students healthy during this cold and flu season!

Sincerely,

Mexico School District 59 Nursing Staff

Emily Buck, MELC Nurse & Head Nurse

Lynda Thurman, Eugene Field

Jordyn Hull, Hawthorne Elementary

Brenda Hull, Mexico Middle

Kayla Pfeifer, Mexico High