

Johnson County Central Public Schools

358 N 6th Street
PO Box 338
Tecumseh, NE 68450



“Home of the Thunderbirds”

407 N 1st Street
PO Box 225
Cook, NE 68329

Dr. Galen Boldt, Superintendent
402-335-3320

Rick Lester, High School Principal
402-335-3328

Rich Bacon, Middle School Principal
402-864-4181

Jon Rother, Elementary Principal
402-335-3320

Dear Families of Johnson County Central Schools

By now you know that cases of the Coronavirus (COVIC-19) have been found in the United States. We understand that this news is worrisome and that extra attention will be placed on schools in the coming days. As with any contagious illness, we are working closely with the Southeast District Health Department and will follow their recommendations.

Our students are depending on us to make sure they are safe. Part of that responsibility is to pass along the proper information about the disease and how best to prevent it from spreading. There are some simple, everyday steps you can take to reduce your chances of exposure and to protect others. Fortunately, those steps are the same that you would take to prevent the flu, the common cold, and other respiratory illnesses:

Here are recommendations to help prevent the spread of Coronavirus:

1. Washing hands often with soap and water for at least 20 seconds.
2. Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
3. Teach your children the proper use of hand sanitizer when soap and water is not available. Gels, rubs, and hand wipes containing at least 60% alcohol all work well. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
4. Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
5. Avoid close contact with sick people and stay home if you are sick. Please contact your healthcare provider for further recommendations/directions.
6. Stay at home until you are fever free for 24 hours without fever reducing medications (most cold/flu medications have fever reducer in them) and symptom free: headache, warm forehead, Chills, aching muscles, general feeling of weakness, sore eyes, loss of appetite, and dehydration.
7. Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash.
8. Clean and disinfect frequently "high-touch" objects and surfaces with disinfectants that are effective against Coronavirus. These would include counters, tabletops, doorknobs, electrical fixtures, toilets, sinks, showers, phones, remote controls, keyboards, tablets, water bottles/water fountains, etc.
9. Use a facemask ONLY if you have symptoms of COVID-19, so you can prevent spreading it to others. Health people should not wear a facemask.

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You can help stop Coronavirus by knowing the signs and symptoms and taking appropriate precautions included here:

- Fever over 100.4F (symptoms of fever, cough, and shortness of breath)
- Cough
- Shortness of breath

These symptoms occur 2-14 days after you are exposed to COVID-19. If you have concerns related to these symptoms, contact a health professional and notify them regarding symptoms and any recent travels, and most importantly, follow your health care professional's advice. If you suspect you possibly have COVID-19 or possible exposure, contact your healthcare provider to make them aware of your concerns prior to going to Medical Appointment/ Hospital. This will help them take the necessary steps to keep other people from getting exposed or infected with COVID-19.

To prevent stigma and discrimination, use only the guidance described by your healthcare provider and health department officials. Please don't hesitate to reach out to me with any additional questions.

Sincerely,
Dr. Galen Boldt, Superintendent
Johnson County Central Public Schools