March 4, 2020

Dear NSSED Families and Staff,

The health and safety of our students and staff are always our first priority, and we are committed to maintaining your confidence in our planning and preparedness around the Coronavirus COVID-19. We are working actively to maintain healthy learning environments.

We need your cooperation: to limit the prevention of all communicable diseases, it is imperative that students and staff showing any symptoms of illness stay home until fever-free for at least 24 hours without the use of fever-reducing medications.

Here is our latest Coronavirus COVID-19 update:

**What NSSED Is Doing**
- Washing our hands and reminding and helping students to do the same
- Cleaning accessible surfaces, especially door handles, with commercial high-grade disinfectant cleaner
- Applying germicide every night when students and staff are not present
- Monitoring developments and communicating with our member districts and local and state authorities
- Convening our pandemic action plan team
- Strictly adhering to the NSSED health guidelines, available by clicking [here](#)

**What Parents Can Do**
- Please be mindful of students with complex medical profiles and their needs when making decisions about when to send your student to school. Follow the NSSED health guidelines, available by clicking [here](#)
- Contact our NSSED nurses with questions or concerns about your child’s health and attendance matters

**What We All Can Do**
The Lake County Health Department, Cook County Department of Public Health, Illinois Department of Public Health, and the Center for Disease Control (CDC) advise the following measures to help prevent the spread of Coronavirus COVID-19:
- Wash your hands often with soap and water for at least 20 seconds. If no soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Consult your healthcare provider by phone if you have a concern for yourself or a family member who is showing symptoms of illness
- It is currently flu and respiratory disease season and the CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed
• Staff and students should recover from illness at home until they are able to reasonably contain cough and nasal/oral secretions
• Practice good respiratory etiquette:
  o cough/sneeze into your elbow instead of coughing or sneezing virus-laden particles into the air
  o If you cough or sneeze into your hands, wash them right away
  o throw away used tissues
• Wipe down home surfaces and doorknobs daily with germicidal surface wipes
• Develop a plan for childcare in the event that daycare sites or schools are temporarily closed during this outbreak

If you have any questions, please contact Ingrid Thompson, Coordinator of Health Services, at ithompson@nssed.org. We will continue to update you as more information becomes available.

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