



Arlington Public Schools

Administrative Dist. No. 3

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DATE: March 2, 2020
TO: Arlington Community
FROM: Arlington School District #3
RE: Update 3-2-20: Information on Coronavirus (COVID-19)

This message will provide you with additional news and updates regarding novel coronavirus (COVID-19) in Oregon.

As a school district it is important to be prepared for the outbreak and emergence of communicable diseases. As this community sits on an active interstate that is at times bombarded by travelers, knowledge is the best defense against disease.

While the spread of novel coronavirus is troubling, we must remind ourselves that fear, rumors, and stigma do nothing to stop the further spread of the disease. Facts and science, proven public health measures and common-sense precautions in our personal lives are the best measures we can take to protect the people we serve.

The best source of information is the [Oregon Health Authority \(OHA\)](#). Their site also has links to the CDC and other resources.

Our School Nurse will be talking to students about covering coughs and washing hands frequently.

Oregon Update (March 2, 2020)

Second Case:

Yesterday evening OHA announced a second presumptive case of the coronavirus in Oregon. This second individual shares a home with the first patient—a Washington County resident—but did not require medical attention. This second presumptive case is now isolated at home.

This second presumptive case of the coronavirus was identified through OHA's close contact tracing—a process through which health officials identify people who have come into close contact with the initial patient. Close contact is considered to be any time two people are within 6 feet of each other for a prolonged period of time.

This second presumptive case is one of nine tests that were completed over the weekend and returned on Sunday. The other 8 tests returned on Sunday came back negative.

Third Case:

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At 10:05 this morning OHA released this information: Oregon health officials have identified a third presumptive positive case of COVID-19 among state residents. The third case is an adult Oregon resident from Umatilla County who is hospitalized in Walla Walla, Wash.

State and local health officials are moving quickly to contact people who may have been in close contact with the individual who tested as a presumptive positive case. The third case is not linked to travel to a part of the world with known cases of COVID-19. It is considered a case of community transmission.

Preliminary reports indicate the Oregon resident attended a youth basketball game at a gymnasium at Weston Middle School, 205 E. Wallace St. in Weston, Ore., on Saturday, Feb. 29.

Under federal Centers for Disease Control and Prevention (CDC) guidelines, other spectators who may have been in a closed environment with the individual would be considered "low-risk" exposures.

Athena-Weston School District officials have closed the gym and will conduct a deep cleaning out of an abundance of caution. The gym is physically detached from the rest of the school. Health officials do not consider the separate school building to pose any risk of exposure.

Oregon and Washington health experts are working together to determine if there are other locations where the individual may have interacted with other people in recent days, after symptoms of COVID-19 first appeared.

Health officials will announce if there are any additional locations where people may have been exposed, if they are determined.

Please let me know if you have questions and reach out anytime day or night.

Background

The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a novel (new) COVID-19 that was first detected in Wuhan City, Hubei Province, China and which, as of February 26, has been detected in 37 locations internationally, including the United States. The virus has been named "SARS-CoV-2" and the disease it causes has been named "Coronavirus disease 2019" (abbreviated "COVID-19"). It is important to note that there are many types of coronaviruses that look similar to the common cold. Not everyone diagnosed with a coronavirus has COVID-19. COVID-19 is new, which means health officials are still learning about the disease, its transmission and effects. Officials do know that COVID-19 can cause severe respiratory illness. This memo specifically addresses COVID-19.

On January 30, 2020, the International Health Regulations Emergency Committee of the World Health Organization declared the outbreak a "public health emergency of international concern". On January 31, 2020, Health and Human Services Secretary Alex M. Azar II declared a public health emergency for the United States to aid the nation's healthcare community in responding to COVID-19.

Governor's Coronavirus Response Team (CRT)

On February 28, Governor Kate Brown convened a Coronavirus Response Team (CRT) tasked with coordinating state and local agencies and health authorities in preparation for response to the coronavirus, also known as COVID-19. The team will build on the work of the Oregon Health Authority's (OHA) coronavirus incident management team to prepare Oregon to respond to any

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potential outbreaks of the disease. I represent ODE and our state's school system on this team and will provide ongoing updates to school districts and ESDs.

Public Health Recommendations and Resources

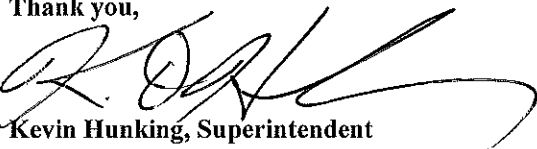
For complete recommendations, visit the [CDC website](#) and [OHA's website](#).

Everyone can do their part to help be prepared for this emerging public health threat:

- It's currently flu and respiratory disease season. Many of the everyday precautions we take to prevent flu are useful in protecting against the spread of COVID-19.
 - Cover your coughs and sneezes with a tissue and then throw the tissue in the trash.
 - Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Avoid close contact with people who are sick.
 - Avoid touching your eyes, nose and mouth with unwashed hands.
 - We will be cleaning and disinfecting surfaces that are often touched.
- Additionally, build your body's overall health resilience by eating well, exercising, getting plenty of rest, and staying up to date on vaccines. CDC recommends getting a flu vaccine each year and it is not too late to be vaccinated.
- CDC has issued travel warnings for several countries. Individuals planning to travel outside of the US should check CDC's website prior to travel and follow any recommendations provided.
- People who have traveled to affected areas, have been exposed, or have symptoms should call their [local health department](#) and their health care provider to decide if they need to be seen. If so, they can create a plan to enter a clinic in a way that avoids being around others. Please follow instructions during this time from your [local public health authority](#).

If you have any questions please contact the School Nurse or myself at any time.

Thank you,



Kevin Hunking, Superintendent
Arlington School District #3

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