

Dear Seaside Families,

There are many questions and concerns from our families and communities regarding the coronavirus which causes the respiratory illness called COVID-19. Coronaviruses are a large group of viruses that usually cause mild respiratory illnesses, but COVID-19 is a new variety and more is being learned daily about its impact on human health and how it is spread.

The Oregon Health Authority (OHA) and the Clatsop County Health Department will provide guidance if we were to have a confirmed diagnosis in our area. Our District will diligently follow the recommendations of the health officials. This would include any recommendations regarding possible exclusions from school or potential school closures.

While the coronavirus situation is troubling, it is important to remember that fear, rumors and stigma do not stop the spread of disease and can create difficulties in sharing accurate information. The OHA is the best source of current and reliable information and is available on their website in both English and Spanish. <https://www.oregon.gov/oha/Pages/index.aspx>

OHA officials recommend that our best course of action is to continue to take everyday precautions to prevent the spread of many respiratory illnesses, including COVID-19 and influenza:

- Cover your coughs and sneezes with a tissue, sleeve or elbow, throw the tissue in the trash and wash your hands..
- 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 touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- If you are sick, stay home and seek medical attention if necessary.
- Clean and disinfect surfaces that are often touched.
- Take care of your health overall. Staying current on your vaccinations, including flu vaccine, eating well and exercising all help your body stay resilient.

Thank you for your support as we all strive to keep our focus on student learning, as well as their health and safety. Please feel free to contact me if you have questions or concerns.

Sincerely,

Sheila Roley, Superintendent

