

Dear North Nodaway Parents, Staff and Students;

I would like to touch base with you regarding the Coronavirus (COVID-19). I know this has brought a lot of stress, worry, and a lot of unknowns. As a district, we are actively monitoring this and continually gathering information from our local health departments, federal and state organizations. Reliable resources that you can refer to for updated information include the CDC (Centers for Disease Control and Prevention), the WHO (World Health Organization) and also the DHSS (Missouri Department of Health and Senior Services).

I would like to share some information to help your families stay healthy and get through this trying time the best we can together.

1. Kids don't always understand what is going on around them. Please help them to feel safe, protected, and loved. Allow them to ask questions and share their feelings. Assure them that this is only temporary and things are going to be ok.
2. Check in on your older kids who may have more responsibility than ever. They are working on getting their own homework done as well as taking care and helping younger siblings. They are also very worried and disappointed about missing out on things at school and with their friends.
3. As far as keeping your family healthy, please take this social distancing very seriously. Please, please, please keep all family members at home unless it is essential to be out. Family members that must report to work, must report to work, but all other family members that can stay home please do so. If someone needs to make a trip to the store, please only send one and keep everyone else home. The CDC is recommending no more than 10 people in a given area. Get the needed supplies you would need for your family to survive for 2-3 weeks at a time. Do not stock up on all of one thing so that no one else can have any. This includes personal hygiene supplies and food. They are saying that this disease it is hitting the elderly and immunocompromised hardest. That includes our pregnant and asthma population as well. They need to be extremely careful to avoid this. That means they need our help. Even if they are staying home, we cannot carry this home to them and putting them at risk. That is way it is imperative that everyone that can stay home, does so.
4. Attempt to feed your children a well-balanced meal that includes fruits and vegetables. This will help to boost up their immune systems naturally. I know there has been a shortage of supplies at the stores at this time, but stocking up on canned or frozen fruits and vegetables is a good way to do this. Also remember that the school is helping to provide meals to all families Monday-Friday, this is free and available for all families. This to help to relieve some of the financial worries and food shortage worries for our families. Please take advantage of it while it is offered.
5. Please try to make sure your child is getting plenty of play time and physical exercise. These are very important for children (and adults) to help reduce stress and keep our bodies healthy.

6. Please try to keep them in a somewhat “normal” routine. I know many of you are still having to work whether that be from home or away from home and that presents some challenges. But if we can try to make sure they are at least getting to bed on time and getting at least 7-8 hours of sleep at night that will help their immune systems stay healthy.
7. Please continue to encourage frequent hand washing and good hygiene while at home, this will help them to build up good hygiene skills for school and for being out in public.
8. Please make the best of the hard situation. Help kids with their school work, but also use this time to teach them life skills. Let them help you to cook, clean, teach them how to do laundry. Let them have some extra chores appropriate for their age to help out.

There are 3 major symptoms to look for with COVID-19: Fever, Dry Cough, and Shortness of Breath. If you feel that you or any of your family are exhibiting any of these signs or may have been exposed please call your physician’s office. Do not just show up and at a walk-in clinic or an ER. Please call ahead and let them know you are coming. This is to protect all the workers and the other patients. You may also call the Missouri 24-hour hotline 877-435-8411, if you have any questions or concerns.

Again, I know this is a very trying time for all of us. Your kiddos are still our top priority and we are here to help you. If there is anything your family or kiddo needs, please let us know and we will do our best to help you, or find resources who can.

Sincerely,
Linda Russell, School Nurse