

# An Important Message From Your District Nurses

The Kinnikinnick School District values the health and well-being of our students, staff, and families. We work throughout the year to promote healthy schools. Safety is always our priority.

Please take the following steps to reduce your risk of infection.

WHO and CDC recommend following the standard precautions for avoiding respiratory viruses:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with anyone who is sick. Practice social distancing.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect surfaces you often touch.
- Stay home from work, school and public areas if you're sick.

Information regarding the spread of the COVID-19 virus is ever-changing. We will keep you informed regularly.

If you have a medical emergency, call 911. If you experience fever, cough, and shortness of breath (flu like symptoms), stay home and call your healthcare provider before going to a healthcare facility. Inform them of your symptoms. For medical questions, call your physician's office.

If you have further questions, we encourage you to contact your school's nurse.

Your school nurses are available for general questions and support during school hours:

Ledgewood: Megan Skirtich [mskirtich@kinnschools.org](mailto:mskirtich@kinnschools.org)

Stone Creek: Kelsey Beuth [kbeuth@kinnschools.org](mailto:kbeuth@kinnschools.org)

Kinnikinnick: Sara Johnson [sjohnson@kinnschools.org](mailto:sjohnson@kinnschools.org)

Roscoe Middle School: Susan Bergstrom [sbergstrom@kinnschools.org](mailto:sbergstrom@kinnschools.org)

Please review the Centers for Disease Control and Prevention (CDC) COVID-19 site to learn how to best protect yourself and others.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Winnebago County Health Department <http://www.wchd.org/>

Thank you