

Tri-County Schools

Independent School District 2358

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I want to emphasize the importance of self-care during this every changing time. Self-care can be overlooked as we focus on our students and family members. Take extra time to drink water, eat a nutritious meal and quiet the screens.

All that cleaning makes a difference! COVID -19 is spread via respiratory droplet along with surface contact. Altru Health System reports that surface contact risk is very prevalent. Maximal typical droplet spread is 6 feet and does not linger in the air.

The COVID-19 incubation period is felt within 14 days, most commonly 4-5 days. Most cases or 81% are mild, with 14% being severe cases and 5% considered critical. Most common clinical features at the onset of illness identified were fever and fatigue.

To reduce the risk of transmission in the community; Wash hands, Practice respiratory hygiene, avoid crowds and close contact with ill individuals, Face masks are not routinely recommended for people without symptoms, Practice social distancing to reduce risk of transmission.

- MN Department of Health Hotline is available for questions from 7:00 am-7:00 pm by calling [651-201-3920](tel:651-201-3920)
- MN Department of Public Instruction Hotline is available for questions about schools and childcare from 7:00 am-7:00 pm by calling [1-800-657-3504](tel:1-800-657-3504) or [651-297-1304](tel:651-297-1304)
- Kittson County phone line with recorded message and most current county specific information [843-8888](tel:843-8888)
- Kittson County web page www.co.kittson.mn.us
- Kittson Healthcae Facebook page

Thank you for all that you do to keep our school community healthy. Take time for yourself and be well!

Sincerely,

Jeanna Kujava, RN PHN
Tri-County School Nurse