

Hope this reminder finds you well and healthy. The Keene ISD nurses wanted to send out some information regarding COVID-19/Corona Virus to help you stay informed and to remind you of how to keep healthy during this concerning time. It is very important to take precautions to try to avoid exposure to COVID-19. Here are some ways on how to:

- Wash hands for at least 20 seconds
- Avoid touching your face
- Avoiding people that are sick

Here are some ways to prepare your family in case COVID-19 spreads in your community.

- Find Local Information Know where to find local information on COVID-19 and local trends of COVID-19 cases) :
<https://txdshs.maps.arcgis.com/apps/opsdashboard/index.html#/ed483ecd702b4298ab01e8b9cafc8b83>
- Know the [signs and symptoms](#) of COVID-19 and what to do if symptomatic:
 - Stay home when you are sick
 - Call your health care provider's office in advance of a visit
 - Limit movement in the community
 - Limit visitors
- Take Steps for Those at Higher Risk. Know what additional measures those at [higher risk](#) and who are vulnerable should take.
- Protect Yourself & Family
- Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
- Create a Household Plan: Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
 - Consider a 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
 - Establish ways to communicate with others (e.g., family, friends, co-workers).
 - Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
- Stay Informed About Emergency Plans. Know about emergency operations plans for schools/workplaces of household members.

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. Here are some numbers to call if you believe you have COVID-19

TX. Health Department number: 1-877-570-9779

Corona Virus/COVID-19 Hotline-Texas Health Resources 24 hours: 682-236-7601