

Friday, March 6, 2020

The Kane County Health Department has provided us with two documents that we want to share with you. One deals with what you can do to help prevent the spread of respiratory viruses like the Coronavirus (COVID-19) and the flu, and the other is on creating a household plan of action. Click [here](#) to view these documents.

There are currently no known cases of COVID-19 in Kane County. The Health Department recommends the best way to protect against Coronavirus is by taking the same everyday precautions against getting sick in general. These include:

- Washing your hands often with soap and water for at least 20 seconds.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact with people who are sick.
- Staying home when you are sick.
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash.
- Cleaning and disinfecting frequently touched objects and surfaces.

Central District 301 provides informative links on our news section of the website (<https://central301.net/blog/2020/01/29/coronavirus-information/>) which includes more information about the Coronavirus and guidance for K-12 schools from the Illinois Department of Public Health. We will continue to update this information as it is received.