

## LaMoure School Coronavirus / COVID-19 Information

The Centers for Disease Control and Prevention (CDC) has provided guidance for schools to plan, prepare, and respond to coronavirus (COVID-19). Working together with state and local health departments, we all have an important role in slowing the spread of diseases to help ensure safe and healthy learning environments.

While the risk at this time to those living in the U.S. remains low, we want you to know that LaMoure School District is monitoring the situation, and we are planning our response to the health and academic needs of students in case of an outbreak.

The guidance received from the ND Department of Health is as follows to slow the virus spreading.

- wash hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose and mouth with unwashed hands;
- cover coughs and sneezes with a tissue and throw it away;
- clean and disinfect frequently-touched surfaces/objects regularly;
- get plenty of rest, drink fluids, and eat healthy foods;
- avoid close contact with people who are sick;
- stay home when you are sick.

Symptoms of the COVID-19 include fever, cough and shortness of breath. The symptoms may appear in as few as two days or as long as 14 days after exposure. If you develop symptoms, please call your health provider and tell them about your recent travel or exposure.

LaMoure School District takes the safety of our students and staff very seriously. We will continue to monitor the situation, work with state and local health officials, and follow recommended guidance as it becomes available.

In place of printing multiple pages, this document will serve as a reference guide with links to corresponding information about pre-cautions and general information about COVID-19 Virus and to help mitigate the spread of the COVID-19 virus. Click on the link for further reference on each topic.

[Reporting of COVID-19 in North Dakota](#)

[Guidance from North Dakota Department of Health for Public Gatherings](#)

[North Dakota Department of Health Recommendations for School Closings](#)

[How to Protect Yourself from COVID-19](#)

[Symptoms of COVID-19](#)

[To decrease the spread of COVID-19](#)

[Department of Public Instruction Guidance for Schools](#)

[Center for Disease Control Guidance for Schools](#)

The LaMoure School will be in constant contact with state agencies and the Department of Health to provide the best situation for the students and staff at LaMoure School.

Mitch Carlson / Superintendent