March 17, 2020

Dear Witch Hazel Elementary community:

Washington County Public Health and Hillsboro School District are partnering to share important information to keep our community healthy. A student at Witch Hazel Elementary has been confirmed to have novel coronavirus, also known as COVID-19. The student was at school while sick for one day during the week of March 9. We are working to identify and directly reach out to close contacts of the ill person. Washington County Public Health cannot reveal the identity or condition of the ill person because those details are protected by medical privacy laws. We ask that you respect the ill person's privacy as well.

We share your concerns about this news, which is another sign of how COVID-19 is spreading in local communities in Oregon. Everyone should take additional precautions to stay healthy and limit the spread of illness.

Here are some important steps that you can take to keep from getting sick or spreading illness:

- Follow all recommendations from local and state authorities about avoiding large groups. This means staying home as much as possible and keeping six feet between you and others when you are in public. When gathering is necessary, meet in groups of ten or fewer. Smaller is better.
- COVID-19 illness can be mild and seem like the common cold. Illness can also be severe in some people. Be alert for any symptoms of illness and stay home at the first sign of illness. Symptoms to watch for include: cough, sore throat, fever or new difficulty breathing. **Staying home at the first sign of illness is the MOST important step we can take to keep our workplaces and community healthy.**
    - Only leave home after you do not have a fever or other symptoms (and are not using medicines like Tylenol or Ibuprofen for symptoms) for at least 24 hours. Some people may get more specific medical advice based on their circumstance.
    - Many people will have mild illness and can recover at home. However, if you need medical care or advice, call the clinic before going to their office and tell them you may have been exposed to COVID-19. If emergency care is needed, call 911 and notify them about any known exposure to someone with COVID-19.
    - If you do not have a medical provider, call 211 to find out about resources near you.
- Wash your hands thoroughly with soap and water.
- Cover coughs and sneezes with tissue, elbow or sleeve (not bare hands). Then wash your hands or use hand sanitizer right away.
- Throw used tissues away in a trashcan.
- Avoid touching your eyes, nose and mouth, especially with unwashed hands.

Department of Health and Human Services — Disease Control and Prevention
155 N First Avenue, MS-68, Hillsboro, OR 97124-3072
Phone: 503-846-3594 • Fax: 503-846-3644 • www.co.washington.or.us/HHS

- If someone in the household is sick, take steps to keep yourself and others healthy:
    - Please look at the Centers for Disease Control and Prevention (CDC) website about what to do if you are sick: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick
    - Keep the sick person in a separate, well-ventilated room and apart from other people and pets as much as possible.
    - If a separate space is not available, keep a distance of at least six feet from people who are well.
    - Have one caregiver if needed.
    - Do not share food, utensils, cups or other items.
    - Wash your hands frequently with soap and water for 20-30 seconds.
    - Clean frequently touched surfaces often.

For general questions about COVID-19, call 211. For health-related concerns, please contact your health care provider.

More detailed information can be found at the following websites:
County website (at www.co.washington.or.us/covid-19,)
Oregon Health Authority: www.healthoregon.org/coronavirus
Centers for Disease Control and Prevention (CDC): www.cdc.gov/coronavirus/2019-ncov.

Thank you for your important partnership in keeping our community and workplace healthy.

Sincerely,

Christina I. Baumann, MD, MPH
Health Officer