



OFFICE OF THE  
**COCHISE COUNTY SCHOOL SUPERINTENDENT**

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SUPERINTENDENT

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Dear Families,

We care deeply about the health and wellness of our students and staff. Certainly, we all share concerns of COVID-19. We want to assure you that we are working closely with and receiving direction from County and State Public Health officials to have situational awareness around this evolving situation in our world, nation and state.

Evidence to date indicates that children 18 and under experience a mild form of this illness (similar to a cold) and in fact, over 80 percent of individuals who have tested positive for COVID-19 in China experience a mild form of this virus. Those who have more serious illness tend to be older adults and those with chronic health conditions.

**What can you do?**

State and County Public Health officials have advised us that individuals who are sick with fever, shortness of breath and cough should stay at home and if contact their health care provider. As advised by Public Health officials, unless your child has severe symptoms such as difficulty breathing, it is unlikely you need to go to an emergency room. Health care providers are in the best position to determine needs on an individual basis.

Public Health also stressed that there is currently no treatment or vaccine for COVID-19. This is very important because a positive test will not change how an individual is treated. Similar to how we manage flu, sick children and staff should stay home, drink fluids and take over the counter medications until they recover.

**What are our schools doing in response?**

We have completed enhanced cleaning of high-touch surfaces, such as door knobs, faucets, toilet handles with appropriate disinfectants, as recommended by Public Health. Teachers will be incorporating routine hand hygiene practices throughout the day and reiterating to all students proper handwashing techniques. Intermittent cleaning of frequently-used surfaces such as doorknobs, tabletops, etc. will be completed.

General things that everyone should do to prevent the spread of all respiratory illnesses include:



- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer.

**What you need to know about COVID-19:**

- COVID-19 causes a wide range of symptoms including fever, cough, and difficulty breathing.
- Most people (about 80%) develop only mild symptoms, particularly children.
- Like influenza, those most likely to develop severe disease are people older than 60 years and those with other medical conditions like heart or lung disease.
- The virus is spread person-to-person via respiratory droplets produced when an infected person coughs or sneezes.
- People who are most at risk of becoming infected are those who have prolonged, close contact with a person who is infected with COVID-19 and is symptomatic.
- There is currently no vaccine or treatment for COVID-19.
- Find up to date information at [azhealth.gov/COVID-19](https://www.azhealth.gov/COVID-19) and at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Please know that the health and safety of our students and staff is our most important priority. Be assured that we will continue to coordinate with the public health experts in order to make the best decisions for our families and staff. We have provided all of the information we currently have and will update families as additional guidance becomes available from state and county officials. A helpful “Frequently Asked Questions” document accompanies this letter.

If you have questions about specific health symptoms, contact your primary care physician or health provider.

Thank you and kindest regards,



Jacqui Clay  
Cochise County School Superintendent



## FAQ's

### GENERAL INFORMATION

#### What is COVID-19 or the 2019 Novel Coronavirus?

- COVID-19 or 2019 Novel Coronavirus, is a new respiratory virus first identified in Wuhan, Hubei Province, China.

#### What is a coronavirus?

- Coronaviruses are a large family of viruses. There are several known coronaviruses that infect people and usually only cause mild respiratory disease, such as the common cold.

#### What are the symptoms and complications that COVID-19 can cause?

- Symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

#### My child has respiratory illness. Should I go see my healthcare provider?

- . If your child is still ill with respiratory symptoms, please contact your health care provider. Unless you have severe symptoms such as difficulty breathing, you do not need to go to an emergency room. The Emergency Room will not be able to do anything for individuals who do not have symptoms.

#### What is the treatment?

- There is currently no treatment or vaccine for COVID-19. This is very important because a positive test will not change an individual's clinical care. Similar to how we manage flu, sick children and staff should stay home, drink fluids and take over the counter medications until they recover.

#### Can my family get tested?

- Similar to flu or other infectious diseases, if an individual is not sick, they do not require testing. Currently, testing is being done by request of a healthcare provider for sick individuals.

#### Should I keep my child out of school to avoid risk of exposure to COVID-19

- No. Public Health does not recommend keeping your child out of school. Only keep your child out of school if they are not feeling well. As of today, we have no confirmed COVID-19 cases in Cochise County, however, it is likely circulating in our community already, and currently the risk of being exposed at school is no greater than the risk of being exposed in the community.
- In addition, it is important to consider that this outbreak may go on for several months. Therefore, unless the situation changes significantly, Public Health recommends carrying on with your life as much as possible while taking proper precautions like frequent hand washing and staying home when you are sick.

#### If my child has been sick, when can they return to school?

- Students may return to school following 72 hours after all symptoms of an acute illness have resolved. This may include fever, cough, nausea, vomiting, etc. This does not refer to



symptoms from allergies. If the student's health care provider advises a longer timeline for the return to school, please follow the health care provider's guidelines.

**I am currently out of town, is it safe to travel back to AZ? Do I need to tell the airport?**

- It is safe to fly home to Arizona.
- Travelers should try to avoid contact with sick passengers and wash their hands often with soap and water for at least 20 seconds or use hand sanitizer that contains 60%–95% alcohol.

**SPREAD**

**How does the virus spread?**

- COVID-19 is thought to spread mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how flu spreads.

**Can someone who has COVID-19 spread the illness to others?**

- COVID-19 spreads similar to flu; therefore, if you are in close contact to someone who is actively sick with COVID-19 for an extended period of time, you are at an increased risk of getting sick. According to CDC, close contact is being closer than 6 feet for more than 10 minutes with a sick individual.

**How can I clean my house if someone is sick in my home?**

- Cleaning with routine household cleaners is effective – cleaning should be focused on “high-touch” surfaces like door knobs, counters, light switches, faucets and toilet handles where germs can collect. Clean those areas at least once a day if someone in the home is ill.

**Can people without symptoms still spread COVID-19?**

- Although there have been reports of people spreading COVID -19 before they become symptomatic, this is not typically how the disease is spread. Similar to flu, the people with the most symptoms are the most infectious.

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