

# ADA CITY SCHOOLS

OFFICE OF THE SUPERINTENDENT

P.O. BOX 1359

ADA, OKLAHOMA 74821-1359

[www.adacougars.net](http://www.adacougars.net)

This letter is to inform you of respiratory illnesses. We are still seeing some cases of the flu and we also want to begin the conversation about the CoronaVirus, or COVID - 19. We have not seen any cases, nor have we been alerted of any cases, but we want to be proactive.

At this time, we are advising families to continue to come to school, as long as students are not sick or do not have symptoms of influenza-like illness. Symptoms may include fever (over 100 degrees F.) and cough or sore throat, runny nose, muscle pain and fatigue. The symptoms of COVID - 19 are similar; cough, fever, and shortness of breath. If you or your child have these symptoms, it is essential that he/she not attend school or go to childcare facilities, public venues or sporting events where other people could be exposed to influenza. We also recommend being seen by a physician. Also, it is important to teach your children the following ways to reduce their risk of becoming infected:

- Wash hands often, ideally with soap and hot water for at least 20 seconds.
- Hand-sanitizer, including gels, rubs and hand wipes, work well as long as they contain at least 60% alcohol. Always read and follow label instructions when using hand sanitizer.
- Keep hands away from the face and avoid touching the mouth, nose or eyes.
- Use tissues for coughs and sneezes or cough into the inside of the elbow. Do not cough in your hands!
- Children learn best by example. Be a positive influence by modeling these behaviors yourself.

If we all practice good hygiene, health officials believe we can limit the spread of the influenza virus as well as COVID 19. Custodial staff will continue to sanitize classrooms, common areas, and buses regularly. We are consulting with local health officials regarding best cleaning practices.

## **Influenza (Flu) Information**

### **Ada City Schools Guidelines and Procedures for Returning to School**

The following will be the policy of the Ada City School District for any student, teacher, or staff member who exhibits a flu-like illness or is diagnosed or tests positive for influenza (Flu).

- The student, teacher, or staff member WILL NOT be allowed to attend school or school activities for a minimum of 48 hours from the time of such diagnosis or positive test result. If a doctor's note calls for more than a 48 hour exclusion from school, then the doctor's note will take precedence.
- If a fever is present past the 48 hour minimum time frame, then the student, teacher, or staff member must remain out of school for an additional 24 hours after he/she no longer has a fever or signs of a fever (chills, feeling very warm, flushed appearance, or sweating). Fever must not be present without the use of fever-reducing medicine.
- The same holds true if other symptoms exist such as diarrhea, vomiting, or a rash. If these symptoms are present they should be excluded from school for at least 24 hours after the symptoms are gone without the use of medicine.
- If a student or staff were to test positive for COVID - 19 we would work closely with the State Health Department and the CDC. It is advised that you be quarantined and not be admitted back into public places until you test negative.

We will inform families immediately if the situation changes and it becomes necessary to close school.

Thank you,  
Mike Anderson, Superintendent