



# Maple Valley Public School District # 4

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Pat Windish, Superintendent  
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March 11, 2020

Families,

Cold and influenza (flu) season in the Midwest is in full swing. Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Symptoms include cough, sore throat, runny/stuffy nose, headache, body or muscle aches, fatigue/tiredness. Not everyone with the flu will have a fever.

The Centers for Disease Control and Prevention (CDC) offer the following proper precautions to keep you and your families healthy:

- Wash your hands with soap and water for at least 20 seconds before leaving home, on arrival at school/work, after using the restroom, before food preparation, before eating any food (including snacks), and when arriving back at home.
- o For young children, suggest they hum the “Happy Birthday” song twice from beginning to end twice while washing their hands. This video (<https://www.youtube.com/watch?v=eZw4Ga3jg3E>) from the CDC is a great resource to show young children.
- o If soap is unavailable, use a hand sanitizer that contains at least 60% alcohol. Rub the sanitizer over all the surfaces of your hands, which also takes approximately 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough/sneeze with a tissue, throw the tissue in the garbage, and wash your hands. If a tissue is unavailable, cough/sneeze into your flexed elbow.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with anyone who is sick.

- Stay home if you are sick. Do not send your student to school if they are feeling sick.
- Influenza vaccinations are still available, which you can obtain through your student's health care provider or at City-County Health District (Monday thru Friday; please call for an appointment - 701-845-8518).

The flu season has been complicated, this year, by a cluster of respiratory illnesses caused by the novel coronavirus (COVID-19). The North Dakota Department of Health (NDDoH) is currently engaged in a statewide response with local, state and private partners to prepare for a any potential Coronavirus (COVID-19) outbreak. The schools in our region are jointly working with City-County District, the NDDoH and other entities, receiving information through regular updates as this evolves.

We want to provide you with some basic, but important, facts regarding the novel coronavirus:

- It was first identified in the city of Wuhan in Hubei Province in China.
- There are no confirmed cases of the novel coronavirus in North Dakota.

All area schools are taking a number of precautions, including:

- Sharing information about proper handwashing with our parents, students and employees,
- Checking our cleaning product inventory and purchasing additional materials as needed,
- Custodial teams increasing sanitization of high-contact surfaces,
- Monitoring absentee patterns and preparing to share this information with City-County Health. For more information, please visit the websites for the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) or the North Dakota Department of Health (<https://www.health.nd.gov/coronavirus>). If cases are identified in our community, we will work closely with medical experts to determine the next steps.

Area school systems take the health and safety of our children very seriously. We will continue to monitor this situation and take guidance from City-County Health District and the NDDoH. We will continue to share necessary information via our school system communications channels as appropriate.

Thank you,



Pat Windish, Superintendent

## Handwashing can prevent

# 1 in 3

cases of diarrhea



# 1 in 5

respiratory infections,  
such as a cold or the flu



## Give frequent reminders

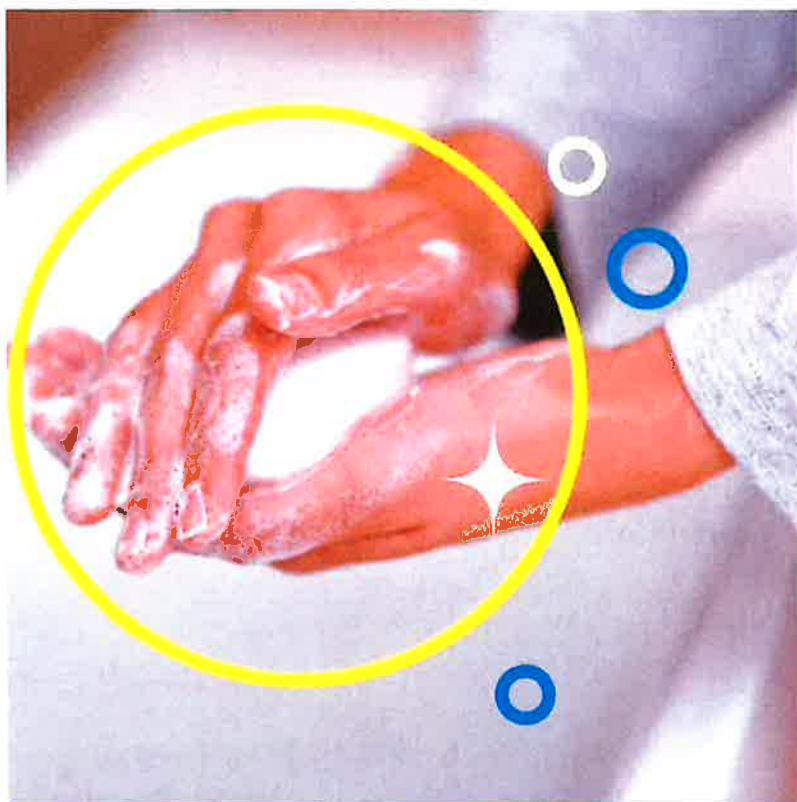
Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

## What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

## Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

# Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

## Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.



## Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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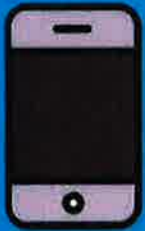
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

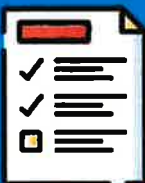
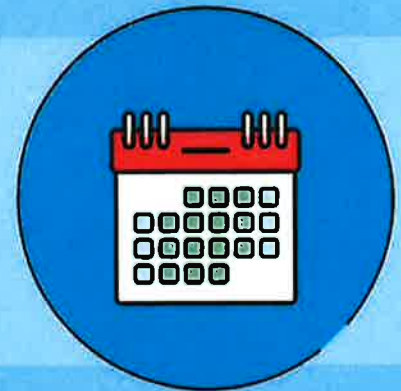
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member