

COVID-19 (Coronavirus) Frequently Asked Questions

As of March 2, 2020 | 7 p.m. ([updated information is in blue](#))

[Messaging sent to school families and staff at 6 p.m. on March 2, 2020](#)

Can students engage in remote or online learning?

If there comes a time when we feel it is necessary to close schools that would be an option considered, but there isn't a need to close the schools at this point.

What should I do if my student, or another family member, has an underlying health issue making them more vulnerable?

From their website, the Snohomish Health District offers [guidance for persons who are at higher risk for serious illness](#).

I've read in most cases people who contract the COVID-19 virus have mild symptoms and take care of themselves as they would with any flu, is this true?

From their website, the [Washington State Department of Health](#) shares: There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions. Always check with your healthcare provider.

I am concerned about symptoms and possible exposure to Coronavirus. What should I do?

If you are concerned about symptoms or possible exposure, please stay home and contact your healthcare provider. As with all absences, you will need to contact the school and send a note within 30 days of returning to school.

Jackson High School spring athletics begin on Monday. Will tryouts/practices still take place?

No athletic tryouts and practices will take place on Monday, March 2, but they will resume on Tuesday when students and staff return to school.

What can I do to help prevent illness?

The most important thing you can do is remain calm, prepared, and informed. It also is important to take standard illness prevention tips. The same steps you take to reduce the spread of flu or other respiratory illnesses are key tools for reducing the spread of coronavirus.

The Snohomish Health District is tracking COVID-19 carefully and making plans should it present a more significant threat to the health of our community. Now is the time to begin preparing.

How the public can help:

- **Do not go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs.
- If you have symptoms like cough, fever, or other respiratory problems, call your regular doctor first.
- Stay home when sick.
- Practice excellent personal hygiene habits, including handwashing, coughing into tissue or elbow, avoid touching eyes, nose, or mouth.

Stay informed. Information is changing frequently. Check the Health District's website (www.snohd.org/ncov2019) or follow on social media.

What am I supposed to do if I think my child is sick?

It is the recommendation of the Snohomish Health District that instead of going to a medical facility, you call your healthcare provider and explain your symptoms. They will give you direction.

Do students or teachers at Jackson High School need to quarantine themselves?

No. Unless you have been contacted by the Department of Health, there is no need to be in quarantine.

What about Heatherwood and Gateway, why aren't they closed?

There have been no confirmed cases at either Gateway or Heatherwood, so they will have school as normal. Anyone who has contact with the Jackson High student has also been placed in quarantine. In all schools, custodians have been instructed to make

cleaning touchpoints a high priority, verify each classroom is equipped with a cleaner for wiping down surfaces such as desks and tables and stock additional gloves and cleaning products. Hand sanitizing stations have been ordered for each cafeteria and other frequently visited locations such as school offices.

What about buses?

Durham and District buses that service Jackson High School have been disinfected and are ready for use Monday, March 2, (they also serve S. Everett elementary and middle schools).

What about activities scheduled at Jackson High School?

All weekend activities on Feb. 29 and March 1 at Jackson High School have been rescheduled to other locations.

Which schools are getting a deep cleaning and disinfected?

Beginning Friday evening, Feb. 28 through Monday, March 2, maintenance crews will be at Jackson High School cleaning and disinfecting. In an abundance of caution, Saturday, Feb. 29 through Sunday, March 1, additional maintenance crews will be at Gateway and Heatherwood middle schools cleaning and disinfecting. Activities will not be canceled and cleaning will be done after-hours.

How is the disinfecting being handled at our other schools?

Our maintenance department have cleaning practices and have developed an action plan that takes students and staff into consideration.

1. Custodians have been instructed to make cleaning touchpoints a high priority.
 - Door handles, crash bars, doorknobs
 - Entry windows
 - Office counters and surfaces
 - Handrails
 - Sinks and drinking fountains
 - Dispensers
 - Anything else that is handled frequently by multiple people.
2. Custodians are verifying each classroom is equipped with a cleaner for wiping down surfaces such as desks and tables. Custodians will restock classrooms who are out or low on cleaner.
3. Additional gloves and cleaning products have been stocked.

4. Hand sanitizing stations have been ordered for each cafeteria and other frequently visited locations such as school offices.

Suggested resources:

[Snohomish Health District | Coronavirus/COVID-19 information](#)

[Washington State Department of Health | Corona/COVID-19 information](#)

[Centers for Disease Control and Prevention | Corona/COVID-19 information](#)

[Talking about coronavirus with children | comic strip for kids](#)