

Talking Points on Staying Healthy:

The Caldwell County School System continues to work closely with the Caldwell County Health Department in addition to utilizing information from state and national health agencies to prevent the spread of illnesses. As we seek guidance on how best to remain healthy, below is a list of precautions and talking points:

- **Stay home when you are sick** (must be without a fever for 24 hours and without the use of fever-reducing medication).
- Avoid close contact with people who are sick (this may include avoiding shaking hands or other customary greetings).
- Avoid touching your eyes, nose, and mouth.
- **Wash hands often – 20 seconds warm or cold water** – use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Appropriately cover mouth whenever you cough or sneeze.
- Maintain at least three feet distance between yourself and anyone who is coughing or sneezing.
- Routinely clean and disinfect frequently touched surfaces (e.g., doorknobs, light switches, countertops, and computers).
- Avoid nonessential travel to countries that are flagged as a Level 3 warning by the Centers for Disease Control and Prevention (CDC).
- Follow public health agency recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.
- Avoid excessive blaming any one group of people as responsible for the coronavirus.
- Limit access to information on the Internet and through social media (stories may be based on rumors and inaccurate information).
- Keep to a regular schedule, as this can be reassuring and promotes physical health.

Faculty, staff, and students are encouraged to use the guidelines above in providing a healthy and safe school environment. For more information on precautionary measures, go to the [cdc.gov](https://www.cdc.gov) website.