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Date: October 22, 2020

To: Parents and Families of Shepherds College

From: Central Racine County Health Department

Re: Case of Coronavirus Disease (COVID-19) at Shepherds College

Central Racine County Health Department was notified of a case of COVID-19 at Shepherds College. Students receiving this letter should monitor for symptoms consistent with COVID-19. **If you develop any of the symptoms listed below, please contact your local health department.**

COVID-19 is spread through droplets when an infected person coughs or sneezes. These droplets are introduced into your body through particles in the air or by touching a contaminated surface and then touching your mouth, face, or eyes.

The Centers for Disease Control and Prevention (CDC) believes that symptoms of COVID-19 may appear in as few as two days or as long as 14 days after contact with someone who has the illness. The most common symptoms of COVID-19 include:

- Fever
- Cough
- Shortness of breath
- Diarrhea
- Headache
- Body or muscle aches
- Nausea or vomiting
- New loss of taste or smell
- Chills
- Sore throat
- Congestion or runny nose
- Fatigue

Central Racine County Health Department recommends the following actions to prevent and stop the spread of illness:

- Stay home if you are ill.
- Wash your hands frequently with soap and water for 20 seconds. Alcohol-based hand sanitizer can also be used when access to soap and water is limited or not available.
- Cover your coughs and sneezes with tissues or by coughing into the inside of your elbow.
- If you need health care, please call your doctor before going into their office.

If you have questions or concerns, please contact your local health department.