

NEDSRA Updates: CORONAVIRUS

Coronavirus Update: What NEDSRA Families Need to Know

Dear Community Member,

The safety of NEDSRA's participants, families and staff remain our #1 priority. In concert with NEDSRA Member Partners and local school districts all NEDSRA programs are cancelled until further notice. Unfortunately cancellations involve all programs including the Sports Banquet, Blue Line Theater Finale and Spring Break Camp. The situation remains fluid and NEDSRA will continue to evaluate programs and services, communicating changes through our website and Facebook page.

Refunds for all programming through March will be processed next week in the form of household credits. We look forward to seeing everyone soon and encourage you to register for spring programs no later than March 20.

Although we can't see each other for a while, NEDSRA won't leave you hanging. Stay in touch through Facebook where we will provide ideas to stay engaged including fitness plans, fun recipes, art projects, games and more!

The NEDSRA office is open and we are ready to assist you. Thank you for your patience and understanding. Please be safe.

Thank You,

NEDSRA

Resources (Links)

www.cdc.gov

<http://www.dph.illinois.gov/>

[https://www.dupagehealth.org//](https://www.dupagehealth.org/)

<https://www.soill.org/>

Keep Yourself Safe

COVID-19 Symptoms

In order to limit prevention of all communicable diseases, we need your cooperation. It is imperative that participants and staff showing any symptoms of illness stay home.

Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. These illnesses usually only last for a short amount of time.

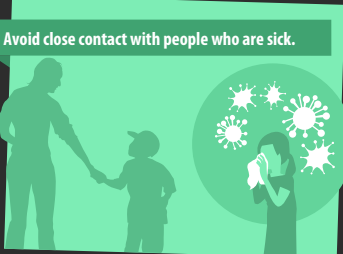
Symptoms may appear 2-14 days after exposure:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- General feeling of being unwell

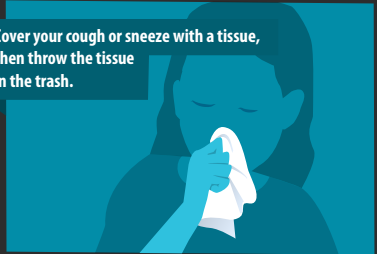
COVID 19 CORONAVIRUS DISEASE
 STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.


Avoid close contact with people who are sick.




Cover your cough or sneeze with a tissue, then throw the tissue in the trash.




Avoid touching your eyes, nose, and mouth.



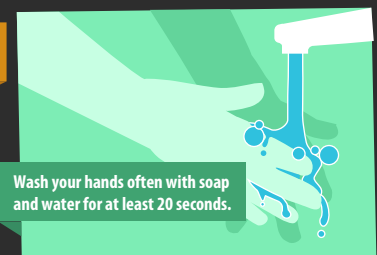
Clean and disinfect frequently touched objects and surfaces.




Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





For more information: www.cdc.gov/COVID19