

# 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 the Governor's request to suspend all non-essential business, **all NEDSRA programs are cancelled until further notice.** Unfortunately cancellations involve all programs including the Sports Banquet, Spring Break Camp, and NEDSRA Track Meet. The situation remains fluid and NEDSRA will continue to evaluate programs and services, communicating changes through our website, emails, Facebook page.

Refunds for all programming through March will be processed in the form of household credits. We look forward to seeing everyone soon. If you are still interested in registering for Spring Programs, please email [nedsra@nedsra.org](mailto:nedsra@nedsra.org).

Although we can't see each other for a while, NEDSRA won't leave you hanging. Stay connected through Facebook and Instagram where we will provide ideas to stay engaged including fitness plans, fun recipes, art projects, games and more! Share with us how you are keeping activity and creative by tagging NEDSRA and using the hashtag #keepingNEDSRAconnected. In addition, every Monday and Tuesday we will publish new Activity Books that can be printed and completed. Visit the [keepingNEDSRAconnected](#) page to learn more. To request an already printed copy, please email Kristen Seefurth at [kseefurth@nedsra.org](mailto:kseefurth@nedsra.org).

The NEDSRA office is closed, however we are still ready to assist you. Feel free to contact any NEDSRA staff via email during this time. For a complete listing of staff contacts visit our Staff Directory.

Thank you for your patience and understanding. Please be safe.

**Thank You,**  
NEDSRA

### Resources (Links):

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

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

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

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

## Stay in the Know:

# 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