

# NEDSRA Updates: CORONAVIRUS

## Coronavirus Update: What NEDSRA Families Need to Know

### Dear Community Member,

We hope you are remaining safe as we continue to adapt to the impacts of Covid-19.

As social distancing measures continue, NEDSRA has plans to offer virtual programs through the month of June. If you have not done so already, we hope you will take the opportunity to participate. These low and no cost programs have been very well received, but everyone here at NEDSRA hopes to return to in person programs as soon as safely possible.

We appreciate your patience as we deal with this very unique situation. We miss seeing all of you and hope you remain safe. If you have any ideas on how NEDSRA can serve you better, please feel free to contact us at any time. We will continue to keep you updated as things develop.

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 active 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 .

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. NEDSRA will be available for the rest of May via phone every Tuesday 12pm-4pm and Thursday 9am-1pm. Starting in June phone services will be Monday 12pm-4pm and Wednesday 9am-1pm. 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.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