



February 26, 2020

Dear Dr. Ida Rolf Institute Students, Members and Staff,

The Dr. Ida Rolf Institute ® has been working closely with our local public health agencies as we monitor the global outbreak of Coronavirus Disease 2019 (Covid-19) (Go to [CDC.gov](https://www.cdc.gov) for information.)

It appears that the virus originated in China, before spreading internationally. It has been detected in 37 locations internationally and there are currently 53 confirmed cases in the United States (14 of those are cases diagnosed in the United States and 39 are travelers that have been evacuated to the United States).

**To date, there have been no confirmed cases of COVID-19 in Colorado.**

That being said, on Tuesday top U.S. public health officials encouraged Americans to prepare for the spread of the coronavirus in communities across the country.

[NBC NEWS: Americans should prepare for coronavirus crisis in U.S., CDC says](#)

[New York Times: C.D.C. Officials Warn of Coronavirus Outbreaks in the U.S.](#)

[CNN: February 25 coronavirus news](#)

### **What is DIRI Doing?**

Since the beginning of the outbreak, DIRI has been collaborating with our public health partners. The Institute has a pandemic plan which is being reviewed by the DIRI Board of Directors and informed by these agencies, to ensure the continuity of learning throughout the situation.

It is important to know that during an outbreak we would follow the health department's lead on any quarantines, closures, or other health measures needed. Our focus has been on how to ensure the safety of students and employees and how education can continue, including through online options.

We have gotten a number of questions regarding students or employees that have recently traveled internationally. As you may know, protocols have been put in place to evaluate and, in some cases, quarantine passengers as they return to the United States. Our public health partners are not recommending additional actions by the Institute at this time.

### What is coronavirus?

Coronaviruses are a large family of viruses that cause respiratory symptoms such as fever, cough and shortness of breath. These viruses spread through coughing or sneezing, much like the flu.

### What can I do to stay healthy?

Again, the risk to the general public in the U.S. from this virus is considered low, but just as is recommended for other respiratory viruses, people can protect themselves and others by practicing everyday actions:

Practice good hand hygiene.

- Wash your hands frequently - remember to wash your hands after coughing or sneezing
  - Wash with soap and water, or
  - If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands

Practice respiratory etiquette.

- Cover your nose and mouth when coughing and sneezing.
- Avoid close contact with people who are sick.
  - If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

Additionally, we have cleaning practices in place to help avoid disease transmission.

### Feeling Sick? Stay Home!

As always, we encourage anyone who is feeling ill to stay home, especially if they are experiencing the symptoms listed in our *Too Sick For School* guidelines below:

**Remember, the best way to prevent the spread of infection is through good hand washing.**

Symptoms	Child must stay home?
<b>Diarrhea</b> Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine.	Yes - if there are other symptoms along with the diarrhea (such as vomiting, fever, abdominal pain, jaundice, etc.), the diarrhea cannot be contained in the toilet, there is blood or mucous in the stool. Student or employee may return 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer.

<b>Fever</b> Fever with behavior change or other illness.	Yes - if there is also a rash, sore throat, throwing up, diarrhea, behavior changes, stiff neck, or difficulty breathing.
<b>“Flu-Like” Symptoms</b> Fever over 100°F with a cough or sore throat. Other flu symptoms can include tiredness, body aches, throwing up, and diarrhea.	Yes - for at least 24 hours after the fever is gone. The fever needs to be gone, without using medicine that reduces the fever (acetaminophen or ibuprofen).
<b>Coughing</b>	Yes - if the coughing is severe, uncontrolled, or the student or employee has wheezing, rapid or trouble breathing. Medical attention is needed for wheezing, rapid or trouble breathing.
<b>Mild Respiratory or Cold Symptoms</b> Stuffy nose with clear drainage, sneezing, and mild cough.	No –Students and employees may go to school if they are able to take part in usual activities, but should stay home if the symptoms are severe. This includes fever and if a student or employee is not acting normally and/or has trouble breathing.
<b>Vomiting/Throwing Up</b> Throwing up two or more times in the past 24 hours, there are other symptoms in addition to the vomiting (such as fever, diarrhea, etc.).	Yes – until 24 hours after throwing up stops or a doctor says it is not contagious. If a student or employee has a recent head injury, watch for other signs of illness and for dehydration.

The following is a listing of illnesses that may require students and employees to stay home:

<b>Illness</b>	<b>Student or Employee must stay home?</b>
Chicken Pox	Yes - until the blisters have dried and crusted (usually 6 days).
Conjunctivitis (pink eye) Pink color of eye and thick yellow/green discharge	No –Students and employees do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.
Croup (see Coughing)	Call your doctor for advice. Note: Students and employees may be able to go to school unless they are not well enough to take part in usual activities.
Fifth’s Disease	No – the illness is no longer contagious once the rash appears.

Hand Foot and Mouth Disease (Coxsackie virus)	No - unless the student or employee has mouth sores and is not able to take part in usual activities.
Head Lice or Scabies	Yes – Student or employee may stay at school until the end of the day but cannot return until after they have had the first treatment.
Hepatitis A	Yes - until 1 week after the illness starts and when the student or employee is able to take part in normal activities.
Herpes	No - unless there are open sores that cannot be covered or there is nonstop drooling.
Impetigo	Yes –adults needs to stay home until antibiotic treatment has started.
Ringworm	Yes -Students and employees cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.
Roseola	No - unless there is a fever or behavior changes.
RSV (Respiratory Syncytial Virus)	No –Students and Employee can go to school unless they are not well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice.
Strep Throat	Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Will need to be able to take part in usual activities.