



# Home of the Vikings

Board of Education  
Jerry Jaixen  
Chad Anderson  
Keith Runge

Lakeview Community Schools  
3744- 83<sup>rd</sup> Street  
Columbus, NE 68601  
Phone- 402-564-8518  
Dr. Aaron Plas- Superintendent

Board of Education  
Ryan Loseke  
Daniel Pabian  
Jeremy Sprunk

March 7, 2020

Dear Parents,

As expected, COVID-19 (coronavirus) is now in the United States and there is one confirmed case in Nebraska. At this time, there are no cases of COVID-19 (coronavirus) in the Columbus area.

This is a rapidly changing situation, and health officials are concerned that COVID-19 (coronavirus) may continue to spread in Nebraska. Lakeview Community Schools is working closely with East Central District Health Department to prepare for that possibility.

Public health officials tell us that common sense health practices are some of the best tools we have to fight the spread of any infectious disease, including COVID-19 (coronavirus). Common sense ways to stop the spread of germs:

- Stay at home when sick, except to get medical care.
- Cover sneezes and coughs with a tissue, then throw the tissue in the trash. If you do not have a tissue, cough into your sleeve or the inside of your elbow.
- Clean and sanitize surfaces that are frequently touched (e.g. countertops, light switches door handles).
- Wash hands often and thoroughly (for at least 20 seconds), using soap and water.
  - PLEASE SEE HANDWASHING GUIDANCE BELOW THIS LETTER
- Use a hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Stay at least three feet away from people who are sick.

If you have questions about the COVID-19 (coronavirus), please call the East Central Health Department information line.

- For English: (402) 562-8960
- For Spanish: (402) 562-8963

You can also find more information on the East Central District Health Department website at [www.ecdhd.ne.gov](http://www.ecdhd.ne.gov). Or visit the federal government website with information on the COVID-19 (coronavirus) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Sincerely,

*Aaron Plas*

Dr. Aaron Plas  
Superintendent  
Lakeview Community Schools

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Lakeview Jr.-Sr. High School  
3744 - 83<sup>rd</sup> Street  
Columbus, NE 68601  
Steve Borer – Principal  
Jake Shadley – Assistant Principal/Activities  
Kurt Frenzen – JH Dean of Students  
Dan Krueger – JH Activities Director  
Phone: 402-564-8518  
Fax: 402-564-5209

Platte Center Elementary  
Box 109 (155 Platte St.)  
Platte Center, NE 68653  
Quentin Witt –Principal  
Phone: 402-246-3465

Shell Creek Elementary  
16786 - 280<sup>th</sup> Street  
Columbus, NE 68601  
Erin Craven – Principal  
Phone:402-564-8008



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7 de marzo de 2020

Queridos padres,

Como se esperaba, COVID-19 (coronavirus) se encuentra ahora en los Estados Unidos y un caso confirmado en Nebraska. En este momento, no hay casos de COVID-19 (coronavirus) en el área de Columbus.

Esta es una situación que cambia rápidamente, y los funcionarios de salud están preocupados de que COVID-19 (coronavirus) pueda continuar propagándose en Nebraska. Lakeview Community Schools está trabajando con el Departamento de Salud del Distrito del Este Central para prepararse para esa posibilidad.

Los funcionarios de salud pública nos dicen que las prácticas de salud de sentido común son algunas de las mejores herramientas que tenemos para combatir la propagación de cualquier enfermedad infecciosa, incluido COVID-19 (coronavirus). Formas de sentido común para detener la propagación de gérmenes:

- Quéedese en casa cuando esté enfermo, excepto para recibir atención médica.
- Cubra los estornudos y la tos con un pañuelo desechable, luego tírelo a la basura. Si no tiene un pañuelo de papel, tosa en la manga o en el interior del codo.
- Limpie y desinfecte las superficies que se tocan con frecuencia (por ejemplo, encimeras, interruptores de luz, manijas de las puertas).
- Lávese las manos con frecuencia y por completo (durante al menos 20 segundos), usando agua y jabón.
  - POR FAVOR VER LA GUÍA DE LAVADO DE MANOS A CONTINUACIÓN DE ESTA CARTA
- Use un desinfectante para manos que contenga al menos 60% de alcohol si no hay agua y jabón disponibles.
- Evitar tocarse los ojos, la nariz y la boca.
- Manténgase al menos a tres pies de distancia de las personas enfermas.

Si tiene preguntas sobre el COVID-19 (coronavirus), llame a la línea de información de COVID-19 (coronavirus).

- Para inglés: (402) 562-8960
- Para español: (402) 562-8963

También puede encontrar más información en el sitio web del Departamento de Salud del Distrito del Este Central en [www.ecdhd.ne.gov](http://www.ecdhd.ne.gov). O visite el sitio web del gobierno federal con información sobre el COVID-19 (coronavirus) en <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Sincerely,

*Aaron Plas*

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**HOW TO WASH YOUR HANDS**  
PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

- 1 WET YOUR HANDS**
- 2 APPLY SOAP**
- 3 WASH YOUR HANDS FOR 20 SECONDS**
- 4 RINSE**
- 5 DRY WITH A CLEAN TOWEL**
- 6 USE THE PAPER TOWEL TO TURN OFF THE TAP**

Here's a helpful handwashing tip: To make sure you spend enough time washing, sing the "Happy Birthday" song two times all the way through while using the soap and water.



**EAST-CENTRAL DISTRICT  
Health Department**

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