

# Central School District



## COVID-19: What You Need to Know

### About COVID-19

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

### Symptoms of COVID-19

You can help stop COVID-19 by knowing the signs and symptoms:

- Difficulty breathing
- Fever
- Vomiting or diarrhea
- Loss of taste or smell

Symptoms of COVID-19 typically appear after 2-14 days.



### If Symptoms Appear

When your child's at school have them tell a staff member.

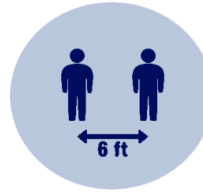
Keep them home until symptoms stop.

### Preventing COVID-19

There are 3 main ways that you can prevent COVID-19.

#### Physical Distance

When in public spaces, stay at least 6 feet apart from others.



#### Face Coverings

When in public, wear a face covering over your mouth and nose.

#### Clean Hands

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



If soap and water isn't available, use hand sanitizer that contains at least 60% alcohol.



### Community Resources

Below are some community resources that may be helpful.

#### Polk County Public Health

County public health office.

Monday-Friday, 8am-5pm  
[www.co.polk.or.us/ph](http://www.co.polk.or.us/ph)  
503-623-8175

#### Polk County Family & Community Outreach

Provides emergency financial, food, and childcare assistance.

Monday-Friday, 8am-5pm  
[co.polk.or.us/fco](http://co.polk.or.us/fco)  
503-623-9664 ext. 2368

#### Central Health & Wellness Center

Provides medical, dental, and behavioral health services.

Monday-Friday, 8am-5pm  
[centralhealthandwellnesscenter.org](http://centralhealthandwellnesscenter.org)  
503-838-0045

### Contact Us

Central School District Office  
750 South 5th Street,  
Independence, OR 97351  
[www.central.k12.or.us](http://www.central.k12.or.us)  
503.838.0030

Ash Creek Elementary School  
1360 North 16th Street,  
Monmouth, OR 97361  
503.606.9016

Independence Elementary School  
150 South 4th Street,  
Independence, OR 97351  
503-838-1322

Monmouth Elementary School  
958 East Church Street,  
Monmouth, OR 97361  
503.838.1433

Talmadge Middle School  
51 16th Street,  
Independence, OR 97351  
503.838.1433

Central High School  
1530 Monmouth Street,  
Independence, OR 97351  
503.838.0480