



Dear Parent/Guardians,

Due to the severity of the Coronavirus (COVID-19) we are now asked to practice "social distancing" as a preventative measure to avoid spreading the virus or becoming infected ourselves.

Social Distancing should encourage everyone to stay home, unless absolutely necessary. Please do not use this time to visit friends and family. Avoid Parks, and areas that are crowded. Many people who have tested positive do not show any symptoms at all, and you could risk infecting someone who is considered high risk such as elderly citizens. Please discourage your teens from meeting up and gathering at public places during this time. Our best defense against the Coronavirus is have as little contact as possible with others, and practice good hygiene.

Take everyday [preventive actions](#):

- Wash your hands frequently for **20 seconds with soap and warm water.**
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

Put your household plan into action

- Continue to practice [everyday preventive actions](#)
- [If someone in the household is sick](#), separate them into the prepared room
- [If caring for a household member, follow recommended precautions and monitor your own health](#)
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation



- Notify your work if your schedule needs to change
- Take care of the emotional health of your household members, including yourself.

As some of you know Governor Baker has issued a "Stay at Home Advisory" to be put into effect as of 12pm March 24th until April 7th, 2020 for all non-essential businesses to close. This advisory does not include Grocery Stores, Pharmacies, and service businesses. **Please do not panic, but plan ahead!**

Also, If you have a child with any chronic illnesses, and respiratory issues such as Diabetes, Asthma, or Life-Threatening Allergies that require Insulin, Inhalers, or Epi-Pens, please make sure these supplies are readily available in case of emergency. Moving forward please make sure your child has the necessary supplies at school once we are in the clear to return to school-**NO EXCEPTIONS**. Thank you for your time.

Stay home and stay safe!

Best,

Felicia Romain, RN

School Nurse