

SAFETY REMINDERS

As a reminder, to keep any virus from spreading to more people, we ask you to keep sick children home. Public Health officials want you to protect yourself and your family against the Coronavirus. Here are some ways to stop the spread of germs and sickness:

- Keep children who are sick at home. Don't send them to school
- Teach your children to wash their hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach yourself to stay at least 3-6 feet away from people who are sick.
- Stay home from work or school if you are sick and avoid other people until you are better.
- Stay away from shopping malls, movie theaters or other places where there are large groups of people.

Please visit the CDC's website for important information on what to do if you or your family member becomes sick with the virus.

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

These recommendations may change during this outbreak. We will continue to send information as needed.

If you have any questions please contact your School Nurse or your healthcare provider.