

For your information-updated guidelines and best practices.

Health officials have shared that the best ways to prevent the spread of coronavirus are the same preventions recommended for the flu and common cold. **As we are still in cold and flu season, we advise you and your student(s) to take these everyday preventive actions that are always recommended to prevent the spread of respiratory viruses:**

- Stay home and seek appropriate medical attention when you are sick (fever, dry cough, body aches, etc...).
- Avoid contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. The constant rubbing action helps soap break down the grease and dirt that carry most germs. This way, your hands don't just smell fresh, but you'll also reduce the germ count on your hands by up to 99%.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing your food, dishes, utensils, and other personal hygiene items.
- Cough or sneeze into your elbow or use a tissue and place immediately in the trash.
- Avoid shaking hands.

**In addition to encouraging employees and families to follow the above preventative actions, we are taking the following additional steps to minimize the chance of an outbreak at one of our schools:**

- Increasing sanitation efforts in our schools and buildings, including restrooms, cafeterias, classrooms, etc
- Reporting to a school principal if a current student or staff member has traveled to a country on the CDC's [risk assessed list](#). Out of an abundance of caution, we request that these students and staff wait for the 14-day incubation period (beginning the day of return to the U.S.) to expire before returning to school or work.
- Asking new families who register whether the student has traveled internationally within the last two weeks. Out of an abundance of caution, we request that any students who've traveled to a country on the CDC's [risk assessed list](#) wait for the 14-day incubation period (beginning the day of return to the U.S.) to expire before enrolling in school.
- Monitoring absences daily.
- Limiting large scale non-essential assemblies. Out of an abundance of caution and until further notice, we are recommending limiting assemblies during the school day.
- Intentionally and persistently combating stigma. As new information emerges, it's important we remember that the risk of COVID-19 is not at all connected to race, ethnicity, or nationality.

As this is an ongoing situation, the CDC updates its online resources daily. These can be found at <https://www.cdc.gov/coronavirus>--