



March 11, 2020
Subject: Coronavirus (COVID-19)

Students, Parents and Staff,

The health and safety of the students, staff, including our volunteers and community is our top priority. We have been closely monitoring information about the coronavirus disease (COVID-19) nationwide and within our state.

Our actions and utmost caution is necessary to protect the health and safety of our students and to ensure we are doing everything in our power to prevent the coronavirus and illness from impacting our organization and community.

In addition to preventative measures already taken by GMCS, we have created a link with resources, videos, and requirements available for our community.

www.gmcs.org/coronavirus/

All Out of State Travel for Staff and Students has been cancelled until further notice. Staff members who do travel, are encouraged to take the necessary precautions to prevent the spread of COVID 19 and the Flu.

The information below will be updated daily or as necessary.

Resources & CDC Guidelines

Locally:

Nurse Hotlines: Gallup Indian Medical Center (505) 722-1000
Rehoboth McKinley Christian Hospital (505) 863-7000

Ask to talk to the COVID-19 Nurse

Nationally:

<https://cv.nmhealth.org/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Steps to Prevent Illness

ALL STUDENTS AND STAFF WILL BE REQUIRED TO WATCH THE FOLLOWING VIDEO ON PROPER HANDWASHING TECHNIQUES, AND SIGN VERIFYING COMPLIANCE

<https://youtu.be/eZw4Ga3jq3E>

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% Alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick
- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze & throw used tissues into the trash.
- Disinfect commonly touched items such as doorknobs, pen/pencils, cell phones, electronic items, shaking hands, etc...
- Custodians are taking extra precautions to sanitize schools, especially “high traffic areas”