March 1, 2020

Dear Parents and Staff,

This letter is to provide information about the Gallup-McKinley County Schools current response to the outbreak of COVID-19, otherwise known as coronavirus. The health of our students, staff and community is very important to us and we want to stay in communication with you regarding this evolving situation.

You are likely aware of the outbreak of COVID-19 in the United States and other countries around the world. It is important to know that the World Health Organization has not yet declared COVID-19 a pandemic; however, GMCS encourages families and staff to remain cautious and aware of the status of this virus.

There is currently no cause for concern at the schools, but we’ll keep you informed if that should change. To be proactive, GMCS will be following directions from the New Mexico Department of Health (NMDOH) to ensure that we are prepared for any potential threat. In the event that the virus poses a serious threat to the students and staff at school, GMCS will follow the NMDOH guidelines.

According to the New Mexico Department of Health, at this time the flu remains a more significant concern in the state than coronavirus. In order to protect you and your family, the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine and taking preventive actions to help stop the spread of germs, such as using proper handwashing techniques and teaching children to cover coughs and sneezes. If your child is sick, please do not send them to school. As CDC noted recently, it recommends these same preventive measures for coronavirus.

Thank you for your attention to this matter and for your continued support of GMCS.

Respectfully,

Mike Hyatt
What is a coronavirus?
Coronaviruses have been around for decades and are perhaps best known for causing illnesses like the common cold, with symptoms like coughing, sneezing and other upper respiratory issues. In late 2019, a new coronavirus was discovered.

What can you do to keep yourself and others healthy?
According to the Centers for Disease Control (CDC):
There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
  - The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What are the symptoms of the coronavirus?
- Fever
- Cough
- Shortness of breath

What should I do if I think I have COVID-19?
- Seek medical advice if you have recently traveled to a level 3 country as identified by the CDC and feel sick. Please visit https://wwwnc.cdc.gov/travel/notices.
- Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms.

Do I need to go to the emergency room (ER)?
Not usually. If you are not sure if you need to go to the ER, call your health care provider.

For more information