



Dear Parents,

Your child's health and safety are paramount. The Centers for Disease Control and Prevention (CDC) continues to consider the health risk from COVID-19 (Coronavirus Disease 2019) to be low among the general public in the U.S.

Currently, you are only at risk if you (1) are displaying symptoms; and (2) have traveled to China in the 14 days before feeling sick or have been in contact with someone who has confirmed COVID-19. By and large, travel history is key.

People who have been diagnosed with COVID-19 have reported symptoms including fever, cough, and difficulty breathing that may appear in as few as two days or as many as 14 days after exposure to the virus. At this point, you are more likely to catch the flu or a common cold, which both show some of the same symptoms.

The CDC has identified means by which COVID-19 is spread:

- Through coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- Because COVID-19 is new, more each day is being learned about the transmission patterns and incubation periods

The CDC recommends precautions used for reducing the risk of infection for other illnesses, such as flu:

- Frequently wash your hands for 20 seconds or more with soapy water. If unavailable, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home when you are sick (except to visit a health care professional) and avoid contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.

We encourage you to remain informed about the spread of the coronavirus and recommend that you visit the Centers for Disease Control and Prevention [website](#) for further information as it develops.

Thank you for your continuous cooperation in this manner!