

Dear Parents/Guardians:

As part of our continued efforts to keep our school community safe and healthy we want to remind everyone of a few simple and quick tips to help stay healthy both at school and in the community

During the peak flu season, there is a possibility that illnesses are not due to the coronavirus but may instead be a cold, flu, or other illness. Precautionary measures are put in place to prevent the spread of overall illness.

Because other community members and residents of Northern Virginia may also have traveled to China recently, public health officials strongly encourage everyone to continue practicing good hygiene and general precautions to prevent the spread of all communicable diseases:

- *Do not send your children to school if they are sick*, do not go to work, or events when sick. Stay home except when seeking medical care and avoid contact with others.
- Seek medical care right away if you experience symptoms, such as fever, cough or difficulty breathing.
- Cover your mouth and nose with a tissue or your sleeve, when coughing or sneezing (not your hands) throw the tissue immediately into the trash and wash your hands with soap & water afterwards.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.