



The purpose of this communication is to provide resources and information regarding the coronavirus disease.

(COVID-19), which has become an issue of concern in the medical community. The Center for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health (DOH) have issued a number of informational pieces to the public, and the CDC believes the immediate risk of this new virus to the American public is low at this time.

What we know about the coronavirus disease is that it is a flu and respiratory illness that can spread from person to person. Symptoms include fever, cough, and shortness of breath.

The Chartiers-Houston School District asks you to incorporate the following CDC Guidelines:

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Do not share drinks, food items or utensils.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

Our staff will remain diligent in maintaining these guidelines and help to identify any student who appears to be exhibiting symptoms of this virus and send the student to the school nurse for evaluation. The school nurse will contact you if a physician follow-up should be recommended.

If you feel your son/daughter is exhibiting any signs of the coronavirus disease, please keep your child home from school and immediately contact your physician.

For more information about the coronavirus and the steps to help prevent illness, please view the following website:

<https://www.health.pa.gov/topics/disease/Pages/Coronavirus%20Education.aspx>

