

Our Lady of Victories School (olvnj.com)
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March 12, 2020

Dear Parents,

This is to give you information about the current COVID-19 situation. It has been declared a pandemic by the World Health Organization (WHO), which means it is affecting many countries around the world, including the US and our state of NJ/local communities. We hope all those affected get well quickly! At this time, children and staff who are not ill can safely come to school. The school will remain open. NJ DOH will make any decisions in regard to closures. We will keep you updated with any important information.

Here are some **ways to protect your family**-I know we've been saying this in every letter, but it bears repeating!:

- Keep children who are sick at home. *Don't send them to school.*
- *Teach* your children to *wash hands* often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- *Teach* your children to *cover coughs and sneezes* with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- *Teach* your children to *stay at least three feet away* from people who are sick.
- *People who are sick should stay home from work or school* and avoid other people until they are fever free for a minimum of 24 hours and illness symptoms are dramatically improved.
- *Avoid shopping malls, movie theaters or any places where there are large groups of people.*
- **Begin planning now for child care in your home.**

If some of the **people in your home should become sick** with the virus, *keep them away from the people who are well*. If they cannot see a health provider, some things you can do to help them are:

- Have them drink a lot of liquid (juice, water)
- Keep the ill person as comfortable as possible. Rest is important.
- For fever, sore throat and muscle aches, in adults, use ibuprofen (Advil) or acetaminophen (Tylenol). **Do not use aspirin with children or teenagers**; it can cause Reye's syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person.
- Be sure everyone in your home washes their hands frequently.
- Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

It always goes back to the basics. Handwashing is one of the simplest, most basic and yet the best defense we have against any illness! The virus can be killed on surfaces with standard cleaning supplies and disinfectant wipes. Masks are not the answer unless you work in the health-care field. Otherwise, masks are only used on the ill person to try to protect others from exposure.

If you have questions, please contact your School Nurse, Mrs.Halmi,RN or the NJ Covid-19 Hotline at 1 800-222-1222 or your healthcare provider. You can also visit the NJ Dept of Health at <https://www.nj.gov/health/> or visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or visit the Middlesex County Public Health Department website at <http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/2019-CoV.aspx>

Stay healthy!

Mary Ann Halmi, RN
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