



March 9, 2020

Dear Families and Community,

We continue to monitor updates and advisories from county, state and federal officials regarding the novel coronavirus outbreak. There are no confirmed cases at our school, therefore, per Public Health guidelines, we remain open. Thank you to all families who participated in our distance learning test last week. Remote or distance learning would be implemented in case of a necessary school closure, so we do need all families to respond to the survey that went home through your child's homeroom teacher. Today, our staff prepared and practiced with our online tools, and plan on future tests.

We are providing students ample hand washing and hand sanitizing time as well as reminding students to avoid touching their faces. In addition, the daily sanitizing happens throughout the day by our staff and facilities, who are wiping down common areas such as door handles, desks, chairs, sinks, tables, bathrooms and common use areas, as well as, tables and benches before, in between and after both lunches.

Meanwhile, review the best practices for keeping illness — including novel coronavirus 2019— at bay.

- Wash hands often with soap and water for at least 20 seconds. <https://www.doh.wa.gov/Portals/1/Documents/Pubs/130-012.pdf>
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while sick and avoid close contact with others.
- Cover mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash hands.
- Other ways to stay healthy include:
 - Get plenty of sleep
 - Exercise regularly
 - Drink plenty of fluids
 - Eat nutritious foods
 - Manage stress levels

Even with all the best effort, sickness can still happen. Here are the guidelines on when to keep a child home from school:

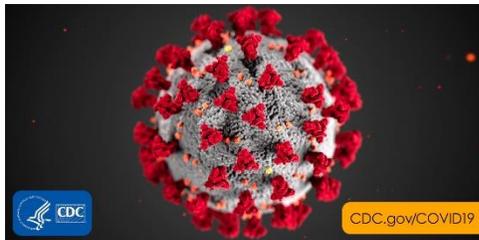
- Fever (greater than 100 degrees). Your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours.**If you have to give acetaminophen or ibuprofen before school for an elevated temperature, your child should not come to school. During the height of cold/flu season, your child will be sent home from school if their temperature is greater than 100.0 and if accompanied by cold/flu symptoms
- Vomiting (even once)
- Diarrhea
- Chills



- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

The news surrounding novel coronavirus 2019 is evolving. In order to stay well-informed, please continue to visit the link below:

Here are the links: CDC - www.cdc.gov/coronavirus/2019-ncov/summary.html



[2019 Novel Coronavirus \(2019-nCoV\) Situation Summary | CDC](http://www.cdc.gov/coronavirus/2019-ncov/summary.html)

CDC is closely monitoring a novel (new) coronavirus (2019-nCoV) outbreak. See its background, source, and spread, and the latest on the situation in the U.S. www.cdc.gov

Snohomish Health Dept. - www.snohd.org

[Snohomish Health District, WA | Official Website](http://www.snohd.org)

The local public health agency for Snohomish County.
www.snohd.org

Washington State Dept. of Health - www.doh.wa.gov

[Home :: Washington State Department of Health](http://www.doh.wa.gov)

Main portal for the Washington State Department of Health. Links to all other content and information about DOH programs.
www.doh.wa.gov

We also are keeping this information on the front page of our website under "QuickLinks" and on our Parent page.

The health and safety of our students, faculty, and families is at the forefront of each decision. Thank you for your prayers and support as we navigate this dynamic and fluid challenge.

Peace,

Mrs. Farewell