



March 2, 2020

Dear School Families,

As you may have heard, over the weekend additional cases of the novel coronavirus, known as COVID-19, have been confirmed in King County. It is important to take preventative actions in our schools to minimize the risk level. Today, we had two registered nurses come into each class and teach students best practices in hand washing and hygiene. Each student will also receive a child-friendly zine, "Exploring the New Coronavirus," which explains the virus in child-friendly terminology. Additionally, each Archdiocesan school:

- has open lines of communication with the county Department of Health, who works closely with the Washington State Department of Health in monitoring the situation.
- continues having facilities and maintenance staff implement best practices for cleaning and sanitizing school buildings. Here at St. Pius X School, we have focused on sanitizing surfaces in high-use areas and are providing hand sanitizer in classrooms and throughout the school in addition to hand washing.
- Principals or designated staff are monitoring illnesses at schools and consult with the department of health if they observe individuals with symptoms or circumstances that seem to match those related to COVID-19 reminding and encouraging students and staff to follow good hygiene practices (see list below).

Meanwhile, review the best practices for keeping illness — including COVID-19 — 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. We are asking you to partner with us in keeping our school community healthy. 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 COVID-19 seems to change often. In order to stay well-informed, here are resources that are updated frequently:

- Snohomish & King County Department of Health
- [Washington State Department of Health \[track.spe.schoolmessenger.com\]](https://www.doh.wa.gov/[track.spe.schoolmessenger.com])
([https://www.doh.wa.gov/\[track.spe.schoolmessenger.com\]](https://www.doh.wa.gov/[track.spe.schoolmessenger.com]))
- <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>
- Centers For Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The links above provide specific information related to Coronavirus (COVID-19). If symptoms of coronavirus are exhibited, families should contact their healthcare providers immediately. Please contact the front office if there has been a diagnosis or exposure in the family.

Our staff gathered to address the possible impact on our community and develop a plan in case of a school closure. Later this week, each homeroom teacher will email families an electronic assignment; we would appreciate your help in participating in this test. Our goal is to be able to send school assignments directly between homeroom teachers and families via email for distance learning if necessary. Again, this week's email assignment will be a test of our communications system only.

We will continue to prepare for the possible impact on our community, and we will keep you informed of any updates.

Peace,

Dottie Farewell, Principal