



MOUNT CARMEL SCHOOL

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MCS COVID-19 Update #4

Dear Mount Carmel School Family,

As you have probably heard by now, Governor Ralph Torres announced that there have been two confirmed cases of COVID-19 in the CNMI.

There may be several questions and concerns about what will happen next in our community and at Mount Carmel School, including our plans to have families pick up materials on Monday and Tuesday as we transition to online learning. ***For now, the important thing is to remain calm and follow all directives issued by government and public health officials.***

For quite some time now, the actions that we have taken as a community have been consistent with measures taken as if a case of COVID-19 had already been confirmed here in our islands. In addition, the Governor's COVID-19 Task Force and the Commonwealth Healthcare Corporation (CHCC) are diligently responding to this situation to contain the spread of COVID-19.

As we move forward, Mount Carmel School will work closely with the Office of the Governor, the Governor's COVID-19 Task Force, and CHCC to ensure that whatever we do, it will be done in a manner that keeps our school family and our community safe. ***We ask that you be patient with us and stay tuned for further announcements, which we intend to issue as soon as possible.***

As Governor Torres and the COVID-19 Task Force have advised, we must do our part to protect our community. In particular, please do the following:

Protect yourself. Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands. Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them, using detergent or soap and water prior to disinfection.

Protect others. Stay home if you are sick, except to get medical care. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least

60% alcohol. Wear a face mask **ONLY** if you are sick or are taking care of a sick person unable to wear a face mask.

Exercise social distancing. Protect yourself and others by minimizing contact with others. Since someone may carry COVID-19 without showing any symptoms, social interactions, especially among large crowds, may unintentionally spread the virus. Parents are thus asked to keep their children at home and refrain from letting them visit residences of friends or family or meet up with them in public.

Stay informed. The CHCC and the Centers for Disease Control (CDC) provide important resources and information that provide clear guidance on how all of us can get through this crisis. Follow these COVID-19 updates from the CHCC and CDC:

<https://www.chcc.gov.mp/coronavirusinformation.php>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Pray. As a Catholic school, our faith must be the center of our lives, no matter what is happening in world. Students can pray devotional prayers appropriate for the season of Lent like the Holy Rosary and the Stations of the Cross. Also, everyone can follow daily masses from Mount Carmel Cathedral on the following Facebook page:

<https://www.facebook.com/pg/dioceseofchalankanoa/videos/>

These are challenging times, but we have survived devastating typhoons, economic recessions, and many other tragedies. With **FAITH** in our Lord, **HOPE** for a better tomorrow, and **LOVE** for each other, we will get through this together. We are **KNIGHT STRONG**. We are **MARIANAS STRONG**.

Our Lady of Mount Carmel...

Galvin Deleon Guerrero, EdD
President
Mount Carmel School, Inc.