

TO PARENTS AND COMMUNITY

MARCH 11, 2020

By now, you have likely seen a tremendous amount of recent media attention on the Coronavirus (COVID-19). The virus, like many other illnesses including the flu, is spread between people who are in close contact with one another via coughing or sneezing. There are some precautions that each of us can do to help minimize the possibility of other viruses, like the flu, from spreading and decrease the risk of becoming ill.

What we have been advised by the CDC is that if an individual who is exposed to the virus then contracts it, symptoms show within 2-14 days. The symptoms include: fever of 100.0 degrees or higher, shortness of breath, and cough.

Per the CDC, contraction is mainly through person-to-person contact via respiratory droplets but, "it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads."

Therefore, as Spring Break is nearing us, I want to let you know that Central High School will clean and sanitize our buildings during the break. This will include all student desks, tables, chairs, water fountains, sinks, toilets, door knobs, etc.

There are some things that we can do individually, and to make sure that our students are doing to help prevent the viruses as well:

- 1. Wash your hands often with soap and water for at least 20 seconds.**
- 2. Use an alcohol based hand sanitizer.**
- 3. Do not cough or sneeze without covering your mouth and/or nose.**
- 4. Avoid touching eyes, nose, or mouth with unwashed hands.**
- 5. Avoid contact with people who are sick, and stay home when you are sick.**
- 6. Especially stay home if running a fever.**

Central High School will help keep you informed, and will work with you to help keep our school SAFE!

Mr. Newton