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CAPE COD COLLABORATIVE

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Dear Cape Cod Collaborative Families,

We understand many families have questions regarding the recent outbreak of the Novel Coronavirus (2019-nCoV) and how it may impact our communities. We continue to monitor the guidance and recommendations from the Centers for Disease Control and Prevention. If you would like to stay updated, their website is <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Information being shared by the CDC, as well as, MA Department of Elementary and Secondary Education, is that the risk remains low to the general public. As with the seasonal flu and strep infections, there are general precautions we can all take to remain as health as possible.

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue or the crook of your arm. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

It is important to keep children home from school when they are ill. If your child has any of the following symptoms please keep them home from school: temperature greater than 100.4, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physical, red or pink itchy eye, and/or drainage from eye, and any contagious illness such as chicken pox, strep throat or flu. Please feel free to reach out to our school nurse, Marette Power (508-420-6950, ext. 1117) if you have any questions or to report your child sick.

The Novel Coronavirus (2019-nCoV) is an evolving situation that we are following closely and will continue to update you as information is shared. We will also post on our website information that we receive related to the virus. <https://capecodcollaborative.org/star-student-and-parent-resources/>

Cape Cod Collaborative remains committed to supporting student and staff wellness. As always, please do not hesitate to reach out if you have any questions.

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