

March 9, 2020

Dear Families of Immaculate Conception School:

As Principal of Immaculate Conception School, I am in contact with our Public Health Nurse of Revere on a regular basis. At this time, she has stated that the Coronavirus or COVID-19 is at a low risk in Massachusetts.

- We need to take simple precautions to prevent the spread of flu and other respiratory illnesses because Influenza A & B are still very active in our area.
- Our Public Health Nurse stated that the common and most important messages about preventing the spread of the flu are the following: Good hand washing, sneezing and coughing in the elbow area, no hand shaking, limited close contact, avoid crowds, and send sick children and staff home. If any concerns, please check with your medical doctor or local health clinic.

There has been a new directive adding three countries to the self quarantine mandate. So now, if someone returns from China, Iran, South Korea or Italy, they cannot come to school or work, or leave their homes for fourteen (14) days.

The Governor of Massachusetts, Charles Baker has issued the following information and precautions to take to help prevent the spread of the flu and other respiratory illnesses:

- Wash your hands for 20 seconds with soap and warm water frequently and use hand sanitizer.
 - If you have a fever or feel sick, stay home and call your healthcare provider.
 - Clean surfaces that are frequently touched such as doorknobs and countertops with household cleaning spray or wipes.
 - Think ahead about how to take care of yourself and your loved ones if the virus starts to spread.
 - Get the flu vaccine – it is not too late!
- The latest information about COVID-19 in Massachusetts is available at the Department of Public Health's website here: <https://www.mass.gov/guides/information-on-the-outbreak-of-2019-novel-coronavirus-covid-19>
- And a printable factsheet is available here: <https://www.mass.gov/doc/english-2019-novel-coronavirus-2019-ncov-0/download>
- The latest Centers for Disease Control information about COVID-19 is available here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>