

March 15, 2020

To Parents, Teachers and Staff in the East Providence School District

With Coronavirus (also known as COVID-19) of increasing concern to all of us, this is a list of new and old recommendations for the next few weeks.

New recommendations from RIDOH and CDC

1. Social distancing

- Stay six (6) feet away from people other than those in your household
- Eliminate playdates, sleepovers, parties or social gatherings of family and friends
- Avoid any activities where children and/or adults gather like playgrounds, fun parks, arcades, etc.
- Reduce frequency of going to stores, restaurants, coffee shops
- If you are sick, isolate yourself, stay home, contact a medical professional for further guidance

2. Create a two-week plan for your family and yourself. Depending on the spread of Coronavirus, this may need to be extended.

- Have prescriptions filled, purchase OTC (over the counter) medications, food and other necessities for the next two weeks
- Know how to have food delivered, if possible, in case you cannot leave your home.
- Establish ways to communicate with family and friends, employers and coworkers (by telephone/online). Limit contact. If you must communicate in person, stay six (6) feet away
- Find alternatives for childcare needs.
- Stay informed about emergency plans in our community, school closures, workplace changes and business closures
- Create a household plan: list telephone numbers that are important to your family
- Plan ways to care for family and friends at greatest risk. Older adults, those with chronic conditions, those unable to care for themselves should be included.
- Create a list of family, friends, employers, doctors, department of health, etc. Be certain your family knows where this list is.

3. What should you do if someone in your household becomes ill?

Most people who get Coronavirus are able to recover at home. CDC directions for those people include:

- Stay home except to get medical care.
- Use a separate room and bathroom for person who is ill.
- Wash hands often with soap and water for at least twenty (20) seconds or with alcohol based hand sanitizer that is 60% alcohol. Hand sanitizer should be used only if soap and water are not available.

- Wash hands after blowing nose, coughing, sneezing, after bathroom use, before preparing food or eating.
- Clean sickroom and bathroom daily, more often if needed. Hard surfaces should be cleaned at least twice a day.
- Avoid sharing personal items like utensils and food/drink.

4. To prepare your child for school closures

- Understand emergency plans for continuing education. Virtual learning and social services like school breakfast and lunch pick up are in place.

5. How do I prepare my family in case of a Coronavirus outbreak?

- Outbreaks can be stressful to adults and children.
- Stay calm, be prepared and explain to your children that most cases seem to be mild in children. 80% of cases are mild in adults with 20% more serious due to affected persons' and those with serious existing conditions like heart disease, diabetes, pulmonary conditions, etc.

6. Steps to take:

- to date, there is not a lot of illness in children, most cases are happening in adults of working age and older adults.
- Stay current: read or watch local media for updates.
- Discourage children and teens from gathering.
- Follow advice of local health officials
- Create a plan with your employer concerning possibly working from home or taking a leave if you or someone in your household develops Coronavirus.