

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.