

March 22, 2020

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

All the nursing staff will be calling as many families as possible, from Monday, March 23, 2020 through the remainder of the time school buildings are closed.

If you are ill, please contact your doctor. Our calls are to keep in touch with our families.

This may be by telephone, Dojo or email.

The school emails for each of our nurses are:

East Providence High School: Nicole Albano RN and Amanda Shattuck RN

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Whiteknact: Whitney Desrosiers RN

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Riverside Middle School: Diane Wallace RN Head Nurse and School Nurse RMS

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If you have questions, please contact us by email.

Coronavirus cases are at 83 as of 1:00PM today, 17 new cases since yesterday March 21, 2020. I felt a refresh of what has been previously sent might be helpful.

#### 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.
  - If you are sick, isolate yourself, stay home, contact a medical professional for further guidance
  - If you are
    - Follow advice of local health officials
    - Follow DOHRI and CDC web sites for reliable information
    - Create a plan with your employer concerning possibly working from home or taking a leave if you or someone in your household develops Coronavirus.
  - Stay well!
  - Diane M. Wallace RN
  - Head Nurse East Providence School District
  - School Nurse Riverside Middle School well, you can exercise by going for a walk in your neighborhood. Sit in your yard in the sunshine. You must maintain social distancing while doing these any activities.
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. Grocery stores and pharmacies remain open.
  - 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 face to face 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/students distance learning, 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.
  - The person who is ill should use a separate room and bathroom.
  - 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 building closures
- Understand distant learning/virtual learning plans for continuing education. 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?
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  - Outbreaks can be stressful to adults and children.
  - Stay calm, be prepared and explain to your children that most cases seem to be mil. 80% of cases are mild with 20% more serious due to those persons having serious existing conditions like heart disease, diabetes, pulmonary conditions, etc or are over age 70 years old.
6. Steps to take:  
Most cases are happening in adults of working age and older adults. Recently we have had an increase of cases in children.
- Stay current: read or watch local media for updates.
  - Discourage children and teens from gathering.