What steps can I take to protect my family from the Coronavirus?

According to guidance from the CDC and the NYSDOH, the most important steps you can take to protect your family and yourself from the Coronavirus are to:

- Wash your hands often “with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.” It might seem basic but it is the easiest action any person can take to minimize the threat, and it’s also how we care for each other. This video provides age-appropriate guidance on how to help young children learn to wash their hands thoroughly. The Seasonal Flu Guide for Parents in English and Spanish also provides helpful information about steps you can take to avoid the spread of germs.
- Avoid close contact with people who are sick.
- When you or other members of your family are sick, keep them away from others to prevent the uninfected from getting sick, too.
- Cover your mouth and nose with a tissue when coughing or sneezing to help prevent those around you from getting sick.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Get the flu vaccine: The CDC recommends making sure everyone receives this season’s flu vaccine; it won’t prevent Coronavirus, but it will reduce the risk of contracting regular influenza, which means fewer people will need medical care at the same time as any Coronavirus patients.

What should I do if I or a member of my family feels sick?

A key to preventing the spread of any contagious illness is to avoid exposing others to the illness. If you or a family member feels sick, stay home and consult with your doctor. If you suspect you or your child may have been exposed to the Coronavirus, or any other contagious virus or condition, seek medical help and please do not come to school. Here are the CDC recommended steps to follow if you or a family member feels sick.

How will the District decide if it’s necessary to close school in response to the Coronavirus?

District officials have been in regular consultation with our school district physician and rely on information from the New York State Department of Health and the New York State Education Department to take the precautions that health experts advise are necessary. Any decision to close school will be informed by guidance received from county and state health officials. You will be notified of all steps that the District will undertake in the event a school closing becomes necessary.

What steps is the District taking to clean classrooms and prevent the spread of germs?

The cleaning contractor staff have been directed to prioritize and increase the frequency of cleaning common and high traffic areas each day. Under normal circumstances, these areas are cleaned once a day. Prioritized cleaning includes bathrooms, the lunchroom, common spaces, door handles, emergency bar on doors, and water fountains. This means that ongoing maintenance or litter pick-up outside will be deprioritized temporarily. All efforts will be made to keep students healthy and safe. The District has also taken an inventory of needed cleaning products and taken steps to ensure that we have ample inventory of cleaning products on hand.
How should I talk with my child about the Coronavirus?

The best way to help children deal with fear of the unknown is to provide accurate information. It is important to remind children that Coronavirus does not pose a great risk to children, and that there are simple ways to protect yourself from exposure.

Most importantly, when talking to your children it is essential to consider their developmental readiness when sharing this information. Preadolescents and adolescents are more capable of dealing with the information in a straightforward and fact-based manner. This information from the [CDC](https://www.cdc.gov) underscores the limited risk to children and could be useful in talking to adolescents and preadolescents. This information from the [Child Mind Institute](https://childmind.org) provides helpful suggestions for discussing Coronavirus with children. For younger children, this [video](https://www.npr.org) from National Public Radio provides a “comic book” version to assist parents in discussing this issue with younger children.