



Waterford Township  
School District

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Superintendent

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Director of Elementary Education

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Dear Parent(s)/Guardian(s),

While the district is committed to developing incentives to encourage our students to attend school, we do not want it to take precedent over good judgment. If your child exhibits any symptoms such as fever, severe congestion, and/or chronic cough, it is recommended to keep him/her home to rest. Given the heightened awareness of colds, flu, and other contagious viruses we want to ensure our students' well being is our first priority over an attendance incentive.

Our School Nurses have drafted a flyer to help you with maintaining healthy habits during flu season. We appreciate your continued support and vigilance with sending your child to school, but when in doubt please keep them home.

Respectfully,

Dr. Harring

Superintendent of Schools

# Colds, Flu, and the Coronavirus (COVID-19)

It's impossible to turn on the tv or radio and not hear about Coronavirus. We wanted to make sure the most updated information from the Centers for Disease Control and Prevention (CDC) gets out to our district families. Preventing a cold, the flu, or the coronavirus should all be treated the same way. The best way to prevent illness is to avoid being exposed to these viruses. However, as a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of these respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

**\*\*If you are planning to travel out of the country during our upcoming spring break, please notify your school nurse.**

Information retrieved from:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>