



February 3, 2020

## Healthy Habits to Prevent Colds, Flu, and Viruses

Dear Washington Township Parents and Guardians,

During the peak of cold and flu season, we begin receiving questions about our health and safety procedures. Our school nurses receive daily updates and guidance from the Indiana State Department of Health and Centers for Disease Control and Prevention regarding the spread of illnesses and viruses.

At this time, both agencies are closely monitoring reports of a new respiratory illness called the coronavirus that was first detected in Wuhan, Hubei Province, China. According to the CDC, the risk of infection currently in the United States is low with only 6 confirmed cases currently.

Washington Township is committed to the health and safety of our students and staff. At this time, our custodial crews are working diligently to provide a healthy learning environment in all our buildings. We will continue to consult with our local, state and federal partners to provide you any further health updates. In the meantime, we ask that you and your family take measures to prevent the spread of germs and avoid illness by doing the following:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Avoid close contact with individuals who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick. The CDC recommends that you remain home until you are “fever free” for at least 24 hours without the assistance of fever reducers, such as, acetaminophen or ibuprofen.
- Cover your cough or sneeze with a tissue, or by coughing into the inside of your elbow. Throw any used tissues away in trash.
- Seek medical attention if you are experiencing symptoms that cause concern.

Thank you for doing your part to keep our schools and community healthy!

For more information and updates on the coronavirus: <https://www.cdc.gov/coronavirus/index.html>