

02/27/20

Dear Families,

There has been wide-spread media coverage about the seriousness of the Coronavirus. In an effort to keep you informed, I have included some information about the virus:

The Coronavirus also known as “COVID-19” is a respiratory virus that was first detected in China.

How is the coronavirus spread?

The Coronavirus is spread from person to person when an infected person coughs or sneezes. The Coronavirus can also be spread by touching a surface or object that has the virus on it and then touching their own mouth, nose or even possibly their eyes.

What are the symptoms of coronavirus?

Symptoms of the Coronavirus consist of: fever, cough and difficulty breathing. People are thought to be most contagious when they are most symptomatic (the sickest). There is no current vaccine to prevent this disease which is why minimal exposure is key.

What can you do to prevent the coronavirus?

The CDC (Center for Disease Control) **recommends** everyday preventative actions to prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick, especially those who have traveled lately.
- Avoid touching your mouth, nose, and eyes.
- **STAY HOME** when you are sick or have any of the above symptoms.
- Cover your cough or sneeze with a tissue, then throw away in trash and immediately wash your hands.
- Wash your hands with soap and water often.

Next steps:

Should you or your child be diagnosed with the Coronavirus please notify your school immediately. We appreciate you taking the time to read this, prevention is always our best defense in staying in good health.

Should you have any questions, please feel free to contact me at rbennett@seymourschools.org.

Stay healthy!

Sincerely,

Mrs. Rebecca Bennett RNC

Seymour School District Head Nurse

This e-mail has been sent to you by SEYMOUR PUBLIC SCHOOLS. To maximize their communication with you, you may be receiving this e-mail in addition to a phone call with the same message. If you no longer wish to receive email notifications from SEYMOUR PUBLIC SCHOOLS, please [click here](#) to unsubscribe.

To view the SEYMOUR PUBLIC SCHOOLS privacy policy, please [click here](#).