

March 4, 2020

Dear Parents and Families,

You have likely seen a lot of recent media attention on the coronavirus. The following information is provided to help prevent the transmission and spread of coronavirus.

The virus, like many other illnesses including the flu, is spread between people who are in close contact with one another (within about 6 feet) via coughing or sneezing. The same good health habits that prevent other viruses like the flu, also prevent the spread of coronavirus and decrease the risk of getting sick:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer, with 60% alcohol, if soap and water are not available.
- Cough into a tissue or your elbow (not your hand), then throw tissue away and wash your hands.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick and stay home when you are sick.
- Keep students home if they are running a temperature or they report not feeling well or appear weak or ill.
- Consult your healthcare provider if you or your child has health conditions that put you at increased risk.

Additional guidance provided to districts from the [U.S. Centers for Disease Control \(CDC\)](#) on prevention, planning, and how to respond to [coronavirus can be found on the CDC website.](#)

We have seen reports across the country that some students have been targeted and discriminated against because of their nationality. This is an incorrect perception that they must therefore have a disability (here, the coronavirus). In Sterling Public Schools, we are committed to welcoming, safe, and inclusive schools, and we do not tolerate such unlawful discrimination, including stigmatization, bullying, harassment, or intimidation. You can help us prevent discrimination by seeking and sharing information from reliable sources.

We all have a role to play in keeping students, staff, and families healthy and safe. You can help by staying informed, practicing good hygiene, and staying home or keeping children home if they have been running a fever or are exhibiting signs of a fever.

We are committed to keeping you informed and working with you to keep our school community safe.

Sincerely,



Kent Lemons

Sterling Superintendent