



Our mission is to foster a safe and engaging learning environment.

Sterling Community School

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Dr. Gail Lanza, Superintendent

Dear Parents/Guardians,

As you may be aware, the Centers for Disease Control and Prevention (CDC) has stated that it expects the 2019 Novel Coronavirus (COVID-19) to spread across the United States as the number of cases continues to grow worldwide. While the immediate risk to the American public is believed to be low at this time, there are steps that we can all take to prepare.

We have protocols in our school for increased, targeted cleaning practices that are enacted whenever we have an increase in illness. In addition, we are increasing our efforts to ensure hand washing and other preventative actions are followed by all. We know that these are currently the best practices to prevent the spread of any virus or illness.

First and foremost, education is vital to reduce the spread of this and any other illness. Here are useful resources regarding Coronavirus and what to do if you become sick with this respiratory virus.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Secondly, it is also important that good public health practices to prevent the spread of respiratory viruses are implemented. The same steps which prevent other respiratory viruses, such as the flu, from spreading can also prevent COVID-19 from spreading. It is important to follow these steps as a matter of standard practice:

- Wash hands often with soap and water for at least 20 seconds.
- Remind children to avoid touching their eyes, nose and mouth with unwashed hands.
- Remind children to cover their mouths and nose with a tissue or sleeve (NOT HANDS) when coughing or sneezing.
- Avoid close contact with people who are sick and encourage those who are ill to stay home.
- Follow existing protocols for children presenting as ill or who may be exposed to a contagious disease, including exclusion policies.

- Clean and disinfect frequently touched objects and surfaces according to product directions.

Although we are not at the point where anyone is suggesting schools need to be closed for an extended period, the State Department of Education is beginning preparation for such an event. Communication to local districts will occur weekly.

For more information on how you can protect your family, go to [ct.gov](https://www.ct.gov) and click on protecting Connecticut from Coronavirus.

If you have further questions please contact the administration or nurse at your child's school.

Sincerely,

Gail Lanza
Superintendent