

January 22, 2020

Dear ISD Community,

Many of you will be aware that there has been an outbreak of pneumonia in the city of Wuhan in central China caused by a novel coronavirus. According to the Centers for Disease Control and Prevention and the World Health Organization, most people that have contracted the virus have a connection to a large seafood and live animal market in the Wuhan area. In the last several days, however, there have been reports of limited person-to-person transmission.

I wanted to write you to let you know that as an administrative team, we are aware of this outbreak and have been closely monitoring the situation. Over the holiday our cleaning staff will be conducting a deep clean of all the school common areas (handrails, door handles, desks, and any surfaces that come into regular student contact). Upon returning from the break, we want to encourage staff and students to wear a face mask as this can play a role in preventing the spread of droplets. And lastly, if a student or staff member has a temperature of 37.5 degrees Celsius or above, we are asking you to please stay home until you are fever free for 48 hours without medication. I realize that our standard protocol is 24 hours, but we are increasing this to 48 hours until further notice to reduce the risk of transmission. Upon our return to classes, and following ISD's current practice of daily temperature checks, Dr. Emily will check each student for temperatures upon their arrival to school. Furthermore, each staff member will also be checked daily.

We also wanted to take this opportunity to provide the following suggestions that may help protect you and your family not only from the novel coronavirus, but also from the common cold and flu.

- If possible, do not travel to the Wuhan area.
- Pay attention to health announcements from the local government in the area where you will be travelling. They may be able to alert you to particular outbreaks that you may want to avoid. It would be wise to follow any recommendations that might be made.
- Try to avoid contact with individuals who are obviously sick. Consider wearing a face mask in crowded areas.
- Germs are very easily transmitted to your hands from surfaces contaminated by people who are already sick – even if they are not yet showing symptoms. Carry anti-bacterial wipes and wipe down places like airplane tray tables and arm rests as well as bathroom faucets.
- Wash your hands often and for 30 seconds at least, or use an alcohol-based hand sanitizer, after touching ATM buttons, elevator buttons, airline check-in screens, fingerprint recorders, and even money. This is also good advice after shaking hands with others.
- Until you can wash or sanitize your hands, try not to place your fingertips in your eyes, nose or mouth. You don't want to give them easy entry into your body.

- Exercise caution at wet markets. Minimize exposure to live birds and be sure to cook well any meats bought at a wet market.
- If you are sick, cough and sneeze into your upper sleeve or otherwise cover your mouth and nose with a tissue and then put that used tissue into the trash.

Most people infected with cold or flu viruses will recover without needing medical care. However, if you have severe symptoms like a very high fever, coughing or breathing difficulties seek medical care.

Taking these simple precautions and following good hygiene practices should reduce your chances of picking up any of the common infectious agents.

Currently, the school plans to resume classes as scheduled on Monday, February 3, 2020. Please continue to monitor your email and our school website for any further updates. Upon our return, should your child show symptoms, please contact your child’s homeroom teacher or advisor. We want you, your child and our whole school population to be as healthy as possible! Thank you in advance for your understanding and support in this important matter.

Wishing you a relaxing and joy filled vacation with friends and family at this special time of year.

Sincerely,
Kelly

Reduce Your Risk!

<p>Reduce your risk of coronavirus infection:</p> <ul style="list-style-type: none">  Clean hands with soap and water or alcohol-based hand rub  Cover nose and mouth when coughing and sneezing with tissue or flexed elbow  Avoid close contact with anyone with cold or flu-like symptoms  Thoroughly cook meat and eggs  No unprotected contact with live wild or farm animals <p> World Health Organization</p>	<p>Protect yourself and others from getting sick</p> <p>Wash your hands</p> <ul style="list-style-type: none"> • after coughing or sneezing • when caring for the sick • before, during and after you prepare food • before eating • after toilet use • when hands are dirty • after handling animals or animal waste <p></p> <p> World Health Organization</p>
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Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, wash them with soap and water or use an alcohol-based hand cleanser



Protect yourself from getting sick

Avoiding unprotected contact with sick people (including spitting in public, touching one's eyes, nose or mouth) and with live farm or wild animals



Protect others from getting Sick

When coughing or sneezing, cover your mouth and nose completely with tissue, sleeves, or the inside of your elbows



Throw used paper tissues into bins immediately

Wash both hands with soap or alcohol-based hand sanitizer after coughing or sneezing



Pay attention to food safety

Use different utensils when preparing raw materials and cooked food



Wash your hands between handling raw and cooked materials



Pay attention to food safety

Even in areas where there is an outbreak, if meat is cooked thoroughly and properly, it can still be safely consumed



Shopping in wet markets? Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



相信各位已获悉，中国中部城市武汉爆发了由一种新型冠状病毒引起的肺炎疫情。据疾病预防控制中心和世界卫生组织称，感染病毒的人大多数与接触武汉当地的一个大型海鲜和活禽市场有关。而据报道称，在过去几天里，出现有限人传人的情况。

因此，我们希望告知各位，学校管理团队已知悉本次疫情，并一直在密切监视情况。在假期中，我们的清洁人员将对所有的学校公共区域（扶手、门把手、桌子和任何经常与学生接触的表面）进行彻底的清洁。我们鼓励员工和学生假期后戴上口罩回校，此举起到防止飞沫传播的作用。最后，如果学生或员工体温达到或超过37.5摄氏度，学校要求您在家休息直至退烧后48小时（无需退烧药情况下）。我们知道，标准预案规定的时间是24小时。但这将增加到48小时，直到进一步通知，以减少传播的风险。返校后，依照ISD每日的体温检测，Emily陈医生会在每位学生到达学校后对他们进行体温检查。此外，每天也会对每位员工进行检查。

我们也想借此机会提供以下建议。这些建议不仅可以帮助你和你的家人远离新型冠状病毒，还可以帮助他们远离普通感冒和流感。

- 尽可能避免前往武汉地区。
- 关注前往地的地区政府所发布的健康公告。公告将及时告知您避开疾病爆发地区。并可以依照公告，采纳相关的健康建议。
- 尽量避免与表现出患病的人接触。考虑在人多的地方戴口罩。
- 即使在患病者还没有表现出症状的情况下，细菌很容易通过病患者污染的表面传播到你的手上。请随身携带抗菌湿巾，擦拭飞机上的餐盘、扶手和浴室水龙头等地方。
- 经常洗手，至少30秒，或者在触摸了自动取款机按钮、电梯按钮、登机值机显示屏、录指纹机，甚至是钱之后，使用含酒精的洗手液。与他人握手后同样适用。
- 在洗手或消毒之前，尽量不要用手指接触眼睛、鼻子或嘴巴。我们都不想让细菌“抄近道”入侵你的身体。
- 在菜市场要格外小心。尽量减少与活禽的接触，一定要把在菜市场买的肉煮熟。
- 如果你生病了，用你的上衣袖咳嗽和打喷嚏，或者用纸巾捂住嘴和鼻子，然后把用过的纸巾扔到垃圾桶里。

大多数感染感冒或流感病毒的人不需要医疗护理就能康复。然而，如果你有严重的症状，如高烧、咳嗽或呼吸困难，请及时就医。

采取这些简单的预防措施并遵循良好的卫生习惯可以减少你感染任何常见传染病的几率。

目前，学校按原计划于2020年2月3日（星期一）上课。请持续关注您的电子邮件和我们学校的网站，以获得最新通知。如果学生出现症状，请及时与您的班主任（homeroom teacher）或指导老师（advisor）联系。我们希望您、您的孩子和我们的全体人员身体健康！感谢您的对这些重要事项的理解和支持。

在这特别的日子里，祝愿您和家人朋友一起度过轻松愉快的假期。

诚挚问候

Kelly 校长

Reduce Your Risk!

卫生小贴士

降低感染冠状病毒的风险：



用肥皂和清水或含有酒精的洗手液洗手

咳嗽和打喷嚏时，用纸巾或屈肘遮住口鼻



避免与任何有感冒或类似流感症状的人密切接触

将肉和蛋类彻底煮熟



避免在未加防护的情况下接触野生或养殖动物



世界卫生组织

防止自己和他人生病：

洗手



- 在咳嗽或打喷嚏后
- 在照护病人时
- 在制备食品之前、期间和之后
- 饭前
- 便后
- 手脏时
- 在处理动物或动物排泄物后



世界卫生组织

洗手

手脏时，用肥皂和自来水洗手



如果手不是特别脏，可用肥皂和水或含酒精的洗手液洗手



世界卫生组织

防止自己生病

避免在未加防护情况下与病人接触
(包括在公共场所吐痰、触摸眼睛、鼻子或嘴巴) 以及
与农场牲畜或野生动物接触



世界卫生组织

保护他人免于生病

咳嗽或打喷嚏时，用纸巾或袖口或屈肘将口鼻完全遮住



将用过的纸巾立刻扔进封闭式垃圾箱内

咳嗽或打喷嚏后，用肥皂和清水或含酒精洗手液清洗双手



世界卫生组织

注意食品安全

处理生食和熟食的切菜板及刀具要分开



处理生食和熟食之间要洗手。



世界卫生组织

注意食品安全

即使在发生疫情的地区，如果肉食在食品制备过程中予以彻底烹饪和妥善处理，也可安全食用。



到生鲜市场采购?

可通过以下方式保持健康!

接触动物和动物产品后，用肥皂和清水洗手



避免触摸眼、鼻、口

避免与生病的动物和变质的肉接触



避免与市场里的流浪动物、垃圾废水接触

