



Mount St. Dominic

ACADEMY

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Empowering Young Women Since 1892

February 28, 2020

Dear Parents,

At this time, we share with you some important information about our Pandemic Preparedness Plan that is part of our Crisis Plan. We monitor the Center for Disease Control (CDC) and the New Jersey Health Department (nj.gov/health) websites for the most current information on the Novel Coronavirus (2019-nCoV) and the impact for us as a community.

- In regard to the Mount's E-Learning policy, in the event that we need to close school for an extended period, we are well-equipped to carry on with courses via remote class meetings. We will utilize both PlusPortals and the Google Application Suite to do so. We have used these systems in the past when the school has had to close due to inclement weather. We plan to refresh our E-Learning policy and modes of instructional delivery with our faculty in the coming days in order to be prepared should Novel Coronavirus (2019-nCoV) impact New Jersey.
- We follow appropriate prevention/health care procedures. Precautions for Coronavirus are the same as they are for Influenza, and right now in the U.S., Influenza is the epidemic to be more concerned about.
 - Wash your hands frequently with soap and water, especially before eating. If soap and water are not available, hand sanitizer is the next best thing.
 - Avoid touching your eyes, nose, and mouth.
 - Wipe down frequently-touched surfaces with disinfecting wipes such as doorknobs, cell phones, eating surfaces, keyboards, desks, etc.
 - When you are sneezing or coughing, use a tissue, elbow, or shirt sleeve.
 - Take your vitamins! Supplements that have been shown to help prevent and fight illness are elderberry, vitamin C, vitamin D, zinc and others found in fruits and vegetables.
 - Get an adequate amount of sleep each night (6-8 hours recommended).
 - **And finally, stay home when you are sick! You must be 24 hours free from fever, nausea, vomiting, and diarrhea before you can return to school (without the use of medicine).**

Below is an unbiased, very informative article regarding coronavirus - what it is, how much we should worry, and what we can do to help prevent ourselves from getting sick.

<https://healthykidshappykids.com/2020/02/27/coronavirus-covid-19/>

- Looking ahead to our senior trip to Florida and the trip to England, we are in communication with the respective travel agencies. We will follow the decisions of the CDC and the U. S. State Department.

Please be assured that we are working to provide a quality education for our students in a safe and healthy environment.

If you should have any questions, please do not hesitate to contact me at (973) 226-0660.

Sincerely,

Sister Fran Sullivan, OP
Head of School