

## **Greetings JME,**

As the most recent LWSD districtwide communication outlined, schools will remain open following [the Centers for Disease Control](#) (CDC) and Washington State Department of Health (DOH) recommendations regarding coronavirus (COVID-19). Schools can play an important role in the effort to prevent spreading the virus and disseminating information about the disease within their communities. In light of this, I want to inform you of what is taking place at John Muir Elementary and with your own student(s).

Custodial staff have been directed to **prioritize and increase frequency of cleaning common and high traffic areas each day**. Prioritized cleaning includes bathrooms, the lunchroom, common spaces, door handles, emergency bar on doors, etc. This means that ongoing “maintenance” or litter pick-up outside will be deprioritized temporarily. All efforts will be made to keep students healthy and safe.

### **Handwashing**

Handwashing with soap and water for at least 20 seconds is the most effective way to contain the spread of illness and disease, including COVID-19. We are prioritizing handwashing **anytime they have used the restroom, and prior to lunch**. These are always good habits, and critical to the containment of the disease. Teachers spent time re-teaching personal hygiene such as sneezing into an arm, disposing of tissue, and reducing hand-to-hand contact such as high-fiving. Our custodial staff will keep soap and sanitizer fully stocked in bathrooms and classrooms to support these efforts. Staff will also reinforce good hygiene and remind students not to touch their face, nose, or mouth, sneeze/cough into a tissue or elbow, and reduce physical hand contact (high fives, first bumps, etc.).

### **Tips to Stay Healthy at Home**

The CDC is recommending our community to continue going about their daily lives while taking simple precautions like those outlined below to reduce the risk of contracting COVID-19. We are still learning more about how the Coronavirus is transmitted, but according to the CDC, most cases are likely to be the result of close contact – within 6 feet of someone with an infection – or through coughs and sneezes.

The [CDC recommends the following](#):

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

If your student is presenting symptoms of COVID-19 they should remain home from school and see a healthcare provider, symptoms include a fever of 100 degrees, cough, shortness of breath and/or difficulty breathing.

### **Facts Not Fear**

In addition to taking basic health precautions, it is equally important that we know the facts about coronavirus (COVID-19) and get information from trusted sources like the CDC and Washington Health Authority. Rumors and misinformation can easily circulate on social media, and we all have a duty to stop their spread.

Coronavirus can make anyone sick regardless of their race or ethnicity. People of Asian descent are **not** more likely to get or spread COVID-19 than any other American. You can help keep our school safe for everyone by sharing accurate information with your children and fellow community members. We know this situation can raise anxiety and fears. Knowing that this can be a difficult topic to talk with your student(s) about, please contact us if you have questions. In a public health crisis it is important that we come together as a community and stay true to the JME Way.

### **JME Literacy Night:**

At this point, schools are in normal operations and school sponsored events are scheduled as planned.

As the information around coronavirus is likely to change and the guidance to the community evolve, please know we are committed to providing you with timely updates aligned with the best recommendations and guidance from our public health authorities.

Very Respectfully,

Ashley Boughton