



Northampton County Schools

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Office of the Superintendent

“Changing the Lives of Children”

March 5, 2020

Dear Parents and Guardians:

Concerns regarding the coronavirus have been heighten, but we want you to know that Northampton County Schools is working with the local health department and taking guidance from the NC Department of Health and Human Services. COVID-19 is a respiratory illness caused by a novel (new) virus, and we are learning more about it every day. There is currently no vaccine to protect against COVID-19. Although there are no confirmed cases in NC, at this point, the best way to prevent infection is to avoid being exposed to the virus that causes it. Stopping transmission (spread) of the virus through everyday practices is the best way to keep people healthy. Below is guidance from the Center for Disease Control on preventing the spread of germs.

AVOID CLOSE CONTACT- with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

COVER YOUR MOUTH AND NOSE- with a tissue when coughing or sneezing. If tissue is not available, cough or sneeze in your elbow. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

WASHING YOUR HANDS OFTEN-will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.

AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

USE THE APPROPRIATE EPA-REGISTERED DISINFECTANTS – on surfaces, such as doorknobs, table tops, electronics, light switches, and more.

We will continue to monitor the situation and provide updates as needed. Remember, to get your information from reliable sources. If members of the public have questions or concerns, call the COVID-19 Helpline toll free at 1-866-462-9821.

Below are links to additional information about coronavirus:

<https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

www.ncdhhs.gov/coronavirus



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