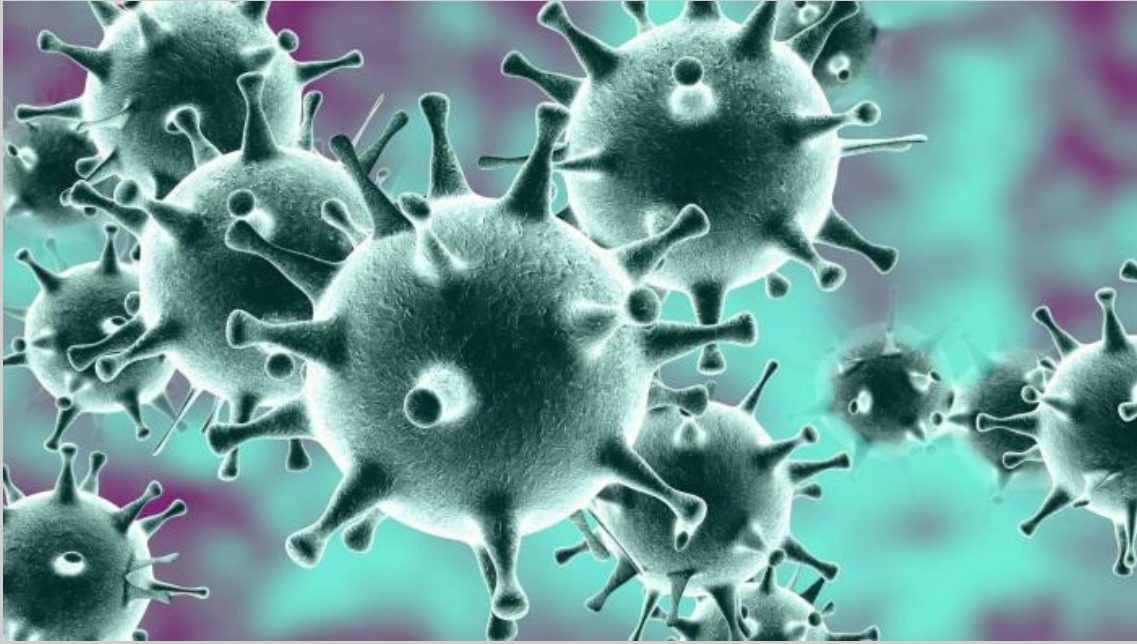


Coronavirus



Dear Parents,

As you are aware, we have been teaching the kids about washing their hands and educating them about how to prevent cross contamination. With the help of Ms. Shelly McClain (Certified Surgical Technician from America), all students were given a lesson on what germs are, how to properly wash our hands, and how to cough or sneeze into our arms instead of our hands.

Please read the following information.

Necessary Actions to Take:

- Wash hands frequently for at least 20 seconds with soap or use a liquid hand sanitizer.
- Gargle thoroughly when coming home from outside.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Seek medical care right away if you feel sick or were exposed to someone who has a fever, cough, or difficulty breathing.
- Keep the room temperature and humidity at a moderate level.
- Avoid crowded areas as much as possible

Important

As a precaution, please, follow these necessary rules:

- All community members who have returned from China, Hong Kong, Singapore, Italy, Macao, and South Korea must not come to school for 14 days.
- For those who have come into contact with someone who has returned from China, Hong Kong, Singapore, Italy, Macao and South Korea must also not come to school for 14 days.
- The common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. For any community member who have any of these symptoms, he/she must not come to school but wear a mask and go to the hospital. The family should keep the school updated on the nature of the illness.

As per the NHK news from the Education Minister of Japan, Mr.Hagiuda said parents should take children's temperatures before sending them to school and let them stay at home if they have fevers or other cold-like symptoms.

He also said teachers who are in direct contact with students should not come to school if they have any symptoms.

https://www3.nhk.or.jp/nhkworld/en/news/20200225_14/

Other helpful sources regarding the virus can be found at:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

<https://www.japantimes.co.jp/search-results/?q=coronavirus&submit=Search>

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>