11 March 2020

Dear Staff & Parents,

We understand that some persons are concerned about the novel coronavirus (COVID-19).

We can channel our concerns into actions to protect ourselves, our loved ones and our communities. First and foremost among these actions are:

* Regular and thorough hand-washing with soap and water
* Avoid touching your eyes, mouth, and nose.
* Cleaning frequently touched surfaces with disinfectant wipes.
* Using 70% alcohol-based hand sanitizer if soap and water aren’t immediately available
* Cover your cough or sneeze.
* Staying home when sick is an important way to help prevent the spread of germs that cause illnesses. Symptoms include: Fever, cough and cold.
* If symptoms worsen seek medical attention.

Stay informed and follow the advice of the local health authorities including any restrictions put in place on travel, movement and gatherings.

For local information:  [www.gov.bm/health-information](http://www.gov.bm/health-information)

For global information: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The World Health Organization also has a useful Q & A page: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Kind Regards,

Nurse Furbert

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| Gvt.Logo email(300).jpg | **Mrs. Isabell Furbert, MSc, RN, SCPHN****Health Visitor****Government of Bermuda│Department of Health****St. Georges Health Centre: 1 Old Military Road St. Georges, Bermuda GE03****Direct Telephone: 441 297 8200 │ Cell: 441 332 8893 │ Email:** **iefurbert@gov.bm** **│ Department Health direct line: 441 278 4900** |