Dear Freshwater Families,

I wanted to reach out to you to share general updates and information about the coronavirus, as well as what Freshwater School is doing to ensure a safe and healthy learning environment for our students. We are continuing to routinely clean and disinfect the high traffic areas of our school, and are reminding students of the importance of regular handwashing with soap and water and not touching their faces.

Though the CDC is reporting that the immediate risk to the general public of contracting the coronavirus remains low, we are in the middle of an intense influenza season so it is critical to reinforce prevention strategies both at school and at home so that our students can develop good hygiene habits that will further prevent the spread of germs.

The California Department of Public Health reminds us that at home you can help by:

* Routinely clean frequently touched surfaces
* Cover a cough or sneeze with a tissue or sleeve
* Wash hands frequently by implementing a scheduled time for handwashing
* The CDC recommends washing with soap and water for at least 20 seconds after using the bathroom, before eating and after blowing your nose or sneezing.
* Do not to touch your eyes, nose and mouth
* Stay home when sick until fever free for at least 24 hours without using fever-reducing medicines
* Seek immediate care if symptoms become more severe, e.g., high fever or difficulty breathing

We also want you to be aware that we are strictly enforcing our illness protocol and need your help by following our request that students stay home if they feel sick. If students are showing signs of illness at school, we will separate sick students in the Nurse’s Room located in the office until they can go home.

This informational video on handwashing has been shared with our students at school and is a good reminder on how to properly hand wash at home: **[https://youtu.be/d914EnpU4Fo](https://youtu.be/d914EnpU4Fo" \t "_blank)**

Finally, please read the attached letter from Humboldt County Public Health Officer, Dr. Terry Frankovich, and stay informed through this informational webpage hosted by the Humboldt County Office of Education: <https://hcoe.org/corona-virus/>

Thanks for your support, and please feel free to contact me with any questions or concerns.

Best Regards,

Si Talty, Superintendent

Freshwater School District