

March 24, 2020

To Our Wonderful Wilkinson Families,

While the school is closed for the COVID-19, I will be sharing health tips that you can review with your children at home.

Let's be proactive and follow the advice below from the CDC:

- Stay home when you are sick. If possible, stay home, and this includes errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick by keeping that person in another room and limit contact with them. You don't want to forget them but limit them being in the same room with others who are not ill.
- AVOID touching your eyes, nose, and mouth. Germs spread this way!
- Cover coughs and sneezes. Use a tissue and then dispose of the tissue OR cough/sneeze into your elbow.
- Wash your hands for 20 seconds. Washing your hands often can prevent the spread of germs. If you cannot wash your hands with soap and water, then use an alcohol-based hand sanitizer with at least 60-95% alcohol. Young children - ages four and under - need help and guidance with handwashing properly.
- Clean and disinfect surfaces or objects. Clean frequently touched surfaces at home. Have the kids clean the doorknobs daily and faucets and counters. This is a great way to get them involved and help you!

At this time, our country and community want to limit the spread of the virus, so following social distancing and the above advice can help with this.

Social distancing is staying around 3-6 feet from other people and not hugging or shaking hands. This does not mean you cannot take your children outside for fresh air and to take a walk or play, but remind them to not run up and hug their friend at this time.

Have your children and family watch this you tube video on handwashing and how germs spread: <https://youtu.be/lisqnbMfKvI>

<https://youtu.be/YBGsoimPXZg>

If you have a question regarding a health issue, please reach out to me by email or leave a phone message and I will return your call/email.

Please stay healthy!

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