

Please read the entire letter - good online resources below, particularly the Food Shelves.

Dear Sharon Elementary School Families,

We're hoping this letter will provide you with some guidance and reassurance regarding the Coronavirus (Covid-19) as we navigate the next weeks. We realize that Covid-19 is a serious health threat to the elderly and people with significant underlying illnesses. We also realize the social and economic impacts of the virus for many people as businesses have temporarily shut down, however, Vermont historically shines when it comes to community support, and times like these are when it is most needed.

Taken from a variety of reliable resources, here are what we know about COVID-19 and what we can do take care of ourselves and our community:

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases.
- COVID-19 is caused by a novel coronavirus; this means it is a new strain that has not been previously identified in humans. COVID-19 is mainly an airborne respiratory disease that is mainly spread person-to-person through coughing.
- Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.
- So far, children appear to be much less affected by COVID-19, which was also seen after other coronavirus outbreaks. 80% of people have the coronavirus have mild to moderate symptoms.

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

How to decrease the spread of COVID-19 and “flatten the curve” to decrease the spike of the number of cases of COVID-19 so hospitals have enough beds and equipment to treat seriously ill patients. (This is particularly important over the next 2-3 weeks).

- Social-distancing of 6 feet when in the public.
- Avoid gatherings of more than 10 people and if a public space, limit to half of its designated capacity. (List of Sharon cancellations can be found at Town of Sharon Facebook or Sharon Listserv).
- Starting Tuesday, March 17th, starting at 2:00 pm, there will be no dining-in at restaurants; only take-out meals.
- Self-quarantine for 2 weeks if you've have known direct contact, (exposure within 6 ft) with someone with COVID-19. If you develop a fever, cough or respiratory difficulty, call ahead. Do NOT go to your Dr's Office or the Emergency Room if you have COVID-19 symptoms without first calling to obtain instructions of what to do so healthcare providers patients aren't inadvertently exposed to COVID-19.
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
- Jill will keep you updated regarding new updates regarding the mitigation of COVID-19.
- If you develop a fever and cough and you have not traveled to designated places where there have been outbreaks and have no known exposure to COVID-19; then convalesce at home until symptoms are improved and **fever free for 72 hours**. Call your primary care provider (PCP) to report if you develop

COVID-19 symptoms to monitor the potential outbreak and to provide guidance. If you do not have a PCP, then call: **802-863-7240**.

- Travelers returning from Europe, the United Kingdom, Ireland, China, Iran, and South Korea should stay home and monitor their health for 14 days.
- If you are elderly or have underlying health issues, then avoid exposure to crowds.

Resources to support families:

- For those who have requested it: curbside delivery of SES lunch and breakfast for the next day from 11:00-1:00 starting today (Tuesday) through Friday. Next week the school we might start home delivery by the bus drivers.
- Sharon Congregational Food Shelf at the Lighthouse, T & TH 4:30-6:30. Will deliver is family self quarantined with COVID-19. Regular number: number:763-2007. Helpline number: 763-7331
- South Royalton Area Food Shelf at 2995 Rte 14, (the Old Rusty Bell & temporary OWSU Building) on Thursdays 11:30-1:30 & 5:00-7:00 pm. Call 802-587-2621 to leave a voicemail for assistance.
- Upper Valley Haven at 713 Hartford Ave, White River Junction M-TH 9:00-6:00 & F 9:00-4:00. Phone: 802-295-6500.
- For information and referral to other resources: call 211. If you have trouble reaching 211, then dial 866-652-4636.
- The Health Dept said there currently isn't a protocol for high school students providing temporary child-care for working parents. It's best that high school students care for only individual families and follow all of the above-stated precautions, and best to babysit for known family and friends. Here is an online babysitter checklist.
https://www.google.com/search?q=babysitter+checklist&tbm=isch&tbs=rimg:CYI7seMbAfYJigiJe7HjGwH2CS0SCYI7seMbAfYJEWz4KWKqbrneYWz4KWKqbrne&tbo=u&ved=2ahUKewjFgayV15_oAhUQlnIEHVt_ARkQ;Rx6BAgBEA0&ictx=1&uact=3

Self-care

- Limit daily updates about the coronavirus and listening to news reports. This will help to reduce your anxiety.
- The reliable resource regarding COVID-19 is the CDC and VT Dept of Health.
- Get plenty of fresh air in parks, back yards, and Vermont woods.
- Reach out to family and friends via calls and Skype, etc.
- Connect with family through sharing meals together and playing games.
- Laughter increases your immune response.
- Practice mindfulness; soak in the bathtub; watch together a family movie.
- If you have questions or concerns, please feel free to contact us through email: Jill Lloyd, SES nurse at jlloyd@sharonelementary.org and Maura Strance, SES counselor at mstrance@sharonelementary.org.

Community Support

- Make a donation to the food bank.
- Check on elderly neighbors if they have any needs such as food or medicine delivery.
- Ask local churches and service agencies if they need help.

Cordially,

Jill Lloyd
SES Nurse

Maura Strance
SES Counselor

Keenan Haley
SES Principal

www.sharonelementary.org