



## ARCHDIOCESE OF MIAMI

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DEPARTMENT OF SCHOOLS  
SUPERINTENDENT

March 3, 2020

Dear Parents,

The Office of Catholic Schools has been monitoring the Center for Disease Control (CDC) information regarding the Coronavirus. After speaking with the Florida Health Department, I want to share the following information.

The Center for Disease Control (CDC) has stated the most important thing for schools to do now is plan and prepare. Schools should prepare for the possibility of community outbreaks. Schools want to be ready if COVID-19, the Coronavirus, does appear in their communities. Please be assured that the Archdiocese of Miami schools have protocol in place for the Coronavirus.

What symptoms to look for:

- Fever
- Cough
- Difficulty breathing

Symptoms may appear in as few as two days or as long as 14 days after exposure:

- What if a family member has these symptoms?
- Contact your healthcare provider immediately.
- Do not wait for symptoms to worsen.
- Keep children home when sick.

**The importance of keeping your child at home when sick is to protect not only your child, but also the other children and adults in the school community.**

Recommended everyday preventive actions to help prevent the spread of respiratory diseases:

- Avoid close contact with people who are sick.
- Avoid touching eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds.

- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

The CDC publishes detailed information on the symptoms of Coronavirus, what to do if your child has these symptoms, and ways to protect your child. Schools will continue to clean and disinfect, using products that are effective against Tuberculocidal, Virucide, Fungicide, pathogenic fungi, and Coronavirus.

Please know that school closure is the last resort. Schools will notify parents about the protocols in place if the decision is made to close a school. This would include posting of assignments, students completing and returning work, and updates on the status of school reopening.

The Office of Catholic Schools will continue to monitor the situation and provide the schools with updated information. School principals and staff will be certain to follow the guidelines set forth by the CDC and Florida Department of Health.

Working together we can keep our children safe.

Sincerely,

A handwritten signature in blue ink that reads "Kim Pryzbylski". The signature is written in a cursive style with a large initial "K".

Kim Pryzbylski, Ph.D.

Secretary of Education/Superintendent of Schools

STATE OF FLORIDA

# A PARENT GUIDE TO THE NOVEL CORONAVIRUS (COVID-19)



Due to increased concern in the community about the spread of the 2019 Novel Coronavirus (COVID-19), Miami-Dade County Public Schools has developed this guide so that parents/guardians have the correct information regarding what the virus is, how to protect yourself and your child, and what to do if you suspect a possible case.

The COVID-19 is a new respiratory virus originated in Wuhan, Hubei Province China. It is being closely monitored by the Centers for Disease Control and Prevention (CDC).

Reported illnesses of COVID-19 have ranged from infected individuals with little or no symptoms to individuals who are severely ill and dying. Public health officials are unclear as to how COVID-19 spreads from person to person.

## What you should know:

The symptoms include mild to severe respiratory illness with:

- **Fever**
- **Cough**
- **Difficulty breathing**

Having these symptoms alone does not mean that someone has the virus. Symptoms may appear in as few as two days or as long as 14 days after exposure. According to the CDC, the greatest risk of infection is for individuals who have traveled to Wuhan China.

These symptoms mimic flu-like symptoms and there are currently no specific treatments for COVID-19. However, preventive measures for the COVID-19 are similar to other respiratory viruses such as the flu.



## What are flu symptoms?

Flu symptoms can include a cough, sore throat, fever, runny or stuffy nose, body aches, headaches, chills, feeling tired and may include vomiting and diarrhea. Some people with the flu may not experience all these symptoms.

## What if my child has these symptoms?

- You should contact your healthcare provider immediately. Don't wait for symptoms to worsen!
- Parents/guardians are encouraged to keep children home when sick.

## What are some ways I can protect my child?

- According to the CDC, proper handwashing with soap and water is one of the best ways to prevent illness.
- Demonstrate proper handwashing for 20 seconds. Have your child visit <https://www.cdc.gov/handwashing/index.html> to watch a video on proper handwashing.
- Demonstrate to your child how to cover their nose and mouth with a tissue when coughing or sneezing. They should throw the tissue away after use and wash their hands. If a tissue is not available, THEY SHOULD NOT USE THEIR HANDS. They should cover their mouth and nose with their sleeve.
- Children should avoid touching their eyes, nose, or mouth. Germs spread this way.
- If possible, avoid people who are sick.
- Clean and disinfect frequently touched surfaces or objects.

For additional questions or concerns regarding the COVID-19, parents/guardians can call 311.



# What you need to know about 2019 Novel Coronavirus (2019-nCoV)

## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person to person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person to person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses.

### These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

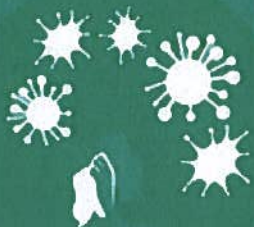
## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.

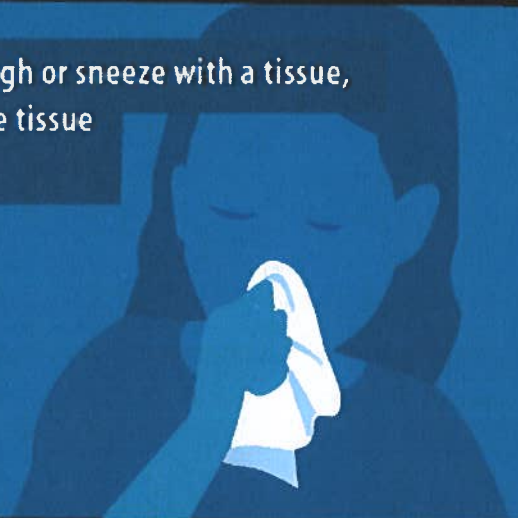


# Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)