SCITUATE SCHOOL DEPARTMENT

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January 26, 2024

Dear Parents and Guardians,

During fall and winter, we often see increases in rates of respiratory viruses. Respiratory viruses include flu, COVID-19, respiratory syncytial virus (RSV), and the common cold. Fortunately, many of the same prevention measures help reduce the spread of all these viruses and keep students in school. The Rhode Island Department of Health (RIDOH) has asked schools to share the recommendations listed below with the school community.

- Get your flu shot. Everyone older than six months of age should be vaccinated against the flu every year. For information on where to get a flu shot, see health.ri.gov/flu.
- Cough or sneeze into your elbow.
- Wash your hands regularly throughout the day using soap for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol to clean your hands.
- Clean and disinfect frequently touched surfaces at home, work, and school.
- Stay home if you are sick.
- Keep children home from daycare or school who have a fever, especially with a cough, congestion, runny nose, or sore throat, until they are fever-free for 24 hours without medications that reduce fever.
- If you have COVID-19, isolate for five days and wear a mask through day 10.
 <u>Isolation and Precautions for People with COVID-19 | CDC</u>
- Be up to date on your COVID-19 vaccinations. For information on how to get vaccinated against COVID-19, see C19vaccineRI.org

Thank you for your continued support and cooperation.

Laurie Andries Superintendent of Schools Scituate

The Scituate School Department does not discriminate on the basis of age, sex, sexual orientation, marital status, race, religion, national origin, color, creed, political affiliation or disability in any of its educational programs and activities, and in employment and application for employment, as required by Title IX of the Education Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VI and VII of the Civil Rights Act of 1965, the Age Discrimination Act of 1975, and other federal and state laws that prohibit discrimination. The following person has been designated to handle inquiries regarding the non-discrimination policies: Equal Employment Officer, P.O. Box 188, North Scituate, Rhode Island 02857, Telephone: (401) 647-4100; Email: EEO@ScituateSchoolsRI.net. You may also direct inquiries directly to: Office for Civil Rights (Boston Office), U.S. Department of Education, 8th Floor, 5 Post Office Square, Boston, MA 02109-3921, Telephone: (617) 289-0111; Facsimile: (617) 289-0150; Email: OCR Boston@ed gov. If you require an accommodation to attend a meeting or program at a school, call the Equal Employment Officer at least two business days in advance of the meeting or program.