

# CHEVERUS

*Office of the Principal*

March 2, 2020

Dear Cheverus Community,

I am writing to you to let you know what Cheverus High School is doing in response to the news about the novel coronavirus (abbreviated COVID-19). At this point there have been no reported cases in Maine, so we are focused on preparation and taking preventative measures. I want to encourage all students, faculty & staff to follow these simple steps to lower the risk of the spread of respiratory viruses in general.

First, stay home when you are sick. In a hard-working and high-achieving community such as Cheverus, there can be a temptation to “tough it out” and push through an illness instead of taking the time and space to heal. Though this impulse may seem noble, it puts others in the community at risk. Other recommendations from the CDC for prevention of the spread of respiratory diseases in general include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

- For information about hand-washing, see [CDC's Handwashing](#) website.

The Maine Department of Education recommends that students or staff who recently traveled outside the United States and are experiencing respiratory symptoms or fever should inform their health care provider about their travel history. Health care providers should notify Maine CDC at 1-800-821-5821 and screen for routine respiratory illnesses such as influenza and respiratory syncytial virus.

As part of that effort, Maine CDC has created and regularly updates a webpage with information about the 2019 novel coronavirus. Visit their webpage at: [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus). Additional sources of information regarding the COVID-19 virus include:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If there is a confirmed case of COVID-19 in the state of Maine, we will work in close collaboration with state officials regarding protocols. We remain proactive in our crisis management planning and will continue to communicate with the community on this issue as merited.

Peace,

John Moran, EdD

Principal