

# QUINCY PUBLIC SCHOOLS

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Dear Parents/Guardians,

As concerns mount about the novel coronavirus (2019-nCoV) that began in Wuhan, China, the CDC is monitoring this serious and rapidly evolving situation closely and currently deems the risk to the U.S. general public to be low at this time.

Flu activity, however, remains high in Massachusetts. Flu vaccination is always the best way to prevent flu and its potentially serious complications. It is not too late to be vaccinated! Contact your health care provider to schedule an appointment or if you have questions or concerns.

As always, recommendations for prevention of virus transmission include:

1. **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your cough or sneeze** with a tissue, then throw in the trash.
4. **Wash your hands often.** If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.**

**Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Our primary goal is to keep our students and school communities as healthy as possible. We will continue to provide you with updated information as it becomes available. For more information, see websites listed below. Also, please contact your school nurse with any additional questions or concerns. Thank you.

For more information:


[CDC Situation Summary - Novel Coronavirus](#)


[CDC Flu Information](#)


[MDPH What You Should Know About the Flu](#)

[MDPH Weekly Flu Report January 24](#)

Sincerely,

  
Richard DeCristofaro, Ed.D.  
Superintendent of Schools

  
Maura Papile, LICSW  
Senior Director of Student Support Services

  
Rita Bailey, M.Ed. BSN RN  
Coordinator of Health Services

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