



March 2, 2020

Dear CPS Community,

We are writing to families and staff about coronavirus disease 2019 (COVID-19) and how it may impact our school community over the coming weeks. This is a rapidly changing situation and we will be updating you weekly (or more frequently if needed) as new information becomes available. Public health, school, and city officials in Cambridge are closely monitoring events in the U.S. and around the world.

It appears that people at greatest risk for severe illness include older adults (over age 60) and those with underlying health conditions. **Infection in healthy children and teenagers has been rare and the vast majority of cases have been mild.** To learn more, see this Centers for Disease Control and Prevention (CDC) [fact sheet on children and COVID-19](#).

At this time, the risk to students, families, and staff in Cambridge is low **unless they have recently traveled to any of the five countries** identified by the CDC: China, Iran, Italy, South Korea, and Japan.

- Families and staff who have traveled to these countries and have concerns about a family member's health should speak with their doctor's office.
- At this time, **only people who have returned from China** need to self-quarantine for 14 days upon their return to the U.S., according to the CDC. The CDC is not currently recommending self-quarantine of travelers returning from other countries.

What the Cambridge Public Schools Are Doing

- School nurses in the Cambridge Public Schools are in close contact with families who are returning from countries identified by the CDC.
- School nurses are on alert for symptoms consistent with COVID-19 in any student or staff member.
- Schools are following standard cleaning and disinfection practices recommended by the state.

What You Can Do To Prevent Respiratory Illnesses like COVID-19

- Stay home when you are sick and do not send children to school if they are sick.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand sanitizers if soap is not available.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched objects with regular household cleaning spray or wipes.

If you have any health-related concerns or questions, please contact your doctor's office or the Massachusetts Department of Public Health at 617-983-6800. For the most current information about COVID-19, please visit, the [Centers for Disease Control and Prevention](#) and [Massachusetts Department of Public Health](#) COVID-19 websites.

Sincerely,

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