



March 4, 2020

Dear Lamoille North Families and Staff,

I want to update all of you on the current information regarding the COVID-19 virus and the guidance we are receiving as of today from The Vermont Department of Health. I spoke with Patsy Kelso, state epidemiologist at the Vermont Department of Health, whose phone number is (802) 863-7240. As of 3:00 p.m. today, guidance has changed for travelers who return TODAY from Italy. Those travelers are being asked to self isolate. Guidance for the travelers who returned from Italy last Saturday, remains unchanged. When I asked why guidance would have changed over the course of four days, Dr. Kelso responded that more days in Italy meant more exposure to a virus that is continuing to show wide spread community involvement. Please see the [Vermont Department of Health](#) website or call the number listed above. I recognize that there is a great deal unknown about this form of virus and it can cause fear and anxiety. We recognize that this is a fluid and ever evolving situation and are told that guidance could change as the situation continues to change. I would ask that anyone traveling from ANY areas impacted by COVID-19 overseas, report their travel to building principals in our supervisory union and to check in with the Vermont Department of Health.

It is important to note that as of today, there are 0 cases of diagnosed COVID-19 in Vermont.

To help reduce the risk for getting and spreading viral respiratory infections, including the flu and the common cold, we are all encouraged to take simple steps which will also prevent COVID-19. These include:

- Stay home when you are sick.
- Keep sick children at home.
- Students and staff should not be sharing food or drinking from the same containers.
- Frequent hand washing with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose.
- Avoid touching eyes, nose, and mouth with unwashed hands. Help young children do the same.
- Cover coughs or sneezes with a tissue. Then throw the tissue in the trash and clean hands with soap and water.
- Use school provided cleaning supplies, especially on high-touch surfaces such as doorknobs and tabletops; they are effective and safe for adult and student use.
- Keep a supply of essentials and medicines on hand in the event you need to stay home.

Please note that Vermont continues to experience the flu (both Influenza A and B) and any person experiencing symptoms of the flu or any other virus should be assessed by a medical professional as soon as possible and should stay home from school.

The situation with the COVID-19 virus is fluid. I will continue to be in contact with local and national health organizations daily, often multiple times per day to ensure that I have the most up-to-date guidance and information about how to keep Lamoille North schools and our community

members safe. I will communicate more information as soon as I have it. We will continue to monitor the health of our students and staff and will alert our communities should we receive guidance to implement any new procedures from the Vermont Department of Health.

Thank you very much.

My best to you,

Catherine Gallagher, M.Ed.
Superintendent of Schools
Lamoille North Supervisory Union