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A Message from Student Services

03/03/2020

Good afternoon Upper Darby Families and Staff,

We are writing to provide another update during the cold and flu season and regarding the coronavirus. Although the spread of the coronavirus has captured the world's attention, public health officials say that, for now at least, residents should be more concerned about catching the flu. The best way to prevent its spread is to take the same precautions recommended for avoiding colds and the flu:

- Cover your coughs and sneezes with tissues, or cough and sneeze into your inner elbow;
- Practice good hand washing with soap and water as often as possible, and if soap and water are not available, use alcohol-based hand sanitizers;
- Flu vaccination is encouraged
- Clean and disinfect surfaces at home – Our custodial staff is doing this daily at the schools.
- **Stay home when you are sick**

If your child is sick, please keep him or her home from school until they are feeling better, and at least 24 hours fever free without medicine. If your child is experiencing any of the flu-related symptoms below, please schedule a visit or consult with your family doctor.

- Fever
- Shortness of breath and trouble breathing
- Headache
- Tiredness - mild or extreme
- Dry cough
- Sore throat

- Nasal congestion
- Body aches

We urge you to be vigilant and monitor your children for signs of illness and to recognize signs of illness in yourself. Please contact your medical health care provider with any symptoms.

You can access more information at the Pennsylvania Department of Health via the following link:

<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

We will continue to monitor the CDC and Pennsylvania Department of Health and provide updates to our school communities as necessary.