

April 16, 2020

Dear Parents and students of North Park,

I hope this letter finds you well. I miss all the children so much, and feel so sad that we are not returning to school this year. I hope you know that we will get through this difficult time by doing all that we can to protect ourselves, families and communities. We can do this through frequent hand washing for at least 20 seconds, covering your cough or sneeze with your sleeve or a tissue, not touching your face with unwashed hands, staying home when you are sick, and social distancing by not being within 6 feet of someone who you don't live with. Although we are being instructed to stay home and stay safe, that does not mean that we can't reach out to family, friends, and neighbors through social media, texts, FaceTime, a conversation in the yard, etc. You can also get outside and get some needed exercise as you practice social distancing. I also hope that you are recording your thoughts and feelings. You are living through a very unprecedented time in the history of the world, and it will be a benefit to you to be able to read about your experience many years from now. A written record lasts much longer than your memory!!

Recently, the Utah Department of Health has expanded the symptoms list for those who should be tested for COVID19. Those symptoms now include:

- fever,
- shortness of breath,
- new or worsening cough
- sore throat
- muscle aches
- loss of sense of smell or taste

Call the COVID-19 hotline in advance to set an appointment for testing at 801-587-0712 or 844-745-9325 if possible.

There are also new recommendations for wearing a face mask from our governor and the CDC. The **CDC now recommends wearing homemade cloth face masks** if you have to leave home for essential errands like getting groceries or medicine, or if you must be in a place where social distancing is not possible. It is important to wear a cloth face mask when you are out of your home because you don't know who the other people in a store have been in close contact with.

You can help your community if you make your own mask. (This can be as simple as a bandana around your mouth and nose). There are not enough surgical masks (such as the ones used in doctors' offices) and N-95 respirators for all of the healthcare workers to take care of patients with COVID-19. Please try to leave these masks for healthcare workers.

I have been amazed to see the people in our communities come together, and work to help those in need. We live in an amazing place, with amazing people.

Please take care of yourself, and your loved ones. We will be happy to see your smiling faces when we return to school.

For more information on what you can do to stay safe during this pandemic, please visit the following websites for accurate information.

<https://coronavirus.utah.gov/>

<https://healthcare.utah.edu/coronavirus/>

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

Best Wishes,

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