

**From:** [Fewel Teresa](#)  
**Subject:** COVID-19 reminders  
**Date:** Monday, March 16, 2020 1:20:00 PM

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We continue both in the Office of Catholic Schools and the Archdiocese to monitor Washington State Department of Health regarding novel Coronavirus. Currently all our schools are closed from March 16 to April 27. (For schools with preschools and child care more guidance will be sent) Please note the following steps:

**First, communicate suspected or confirmed cases of COVID-19 to the Department of Health** then to families and the community

**NOTIFY IMMEDIATELY your local health department** if you have a confirmed or suspected case of COVID-19. The Health Department is the lead in next steps for schools to take from further closures to self-quarantine notification measures and what needs to be communicated to families.

**Second,** Ed Foster called at 206-730- 7204 to organize deep cleaning based on guidelines from the health department

Notify Office for Catholic Schools. OCS will provide assistance with communications.

Parent letter sent to families explaining the current situation.

Keep reinforcing what families can do to reduce the spread of COVID-19. (See below)

Further restrictions would be determined case by case unless guided by the Department of Health.

You can help keep our schools safe for everyone by sharing accurate information with your students and community members.

We want to reduce fear while offering cautionary strategies. As new information emerges communications will be sent to schools.

**Meanwhile, review the best practices for keeping illness — including COVID-19 — at bay.**

- Wash hands often with soap and water for at least 20 seconds.  
<https://www.doh.wa.gov/Portals/1/Documents/Pubs/130-012.pdf>
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while sick and avoid close contact with others.
- Cover mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash hands.
- Other ways to stay healthy include:
  - Get plenty of sleep
  - Exercise regularly
  - Drink plenty of fluids
  - Eat nutritious foods
  - Manage stress levels

**Even with all the best effort, sickness can still happen. Here are the guidelines on when to keep a child home from school:**

- Fever (greater than 100 degrees). Your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours.\*\*If you have to give acetaminophen or ibuprofen before school for an elevated temperature, your child should not come to school. During the height of cold/flu season, your child will be sent home from school if their temperature is greater than 100.0 and if accompanied by cold/flu symptoms
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

**The news surrounding COVID-19 is changing frequently. Check with**

- Your County Department of Health
- Washington State Public Health Department
- World Health Organization
- Center for Disease Control

Blessings,

**TERESA FEWEL | Asst. Superintendent of Operations and Government Programs**

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