

Dear Families and Friends,

You are probably aware of the first presumptive coronavirus COVID-19 case in Oregon as it was announced Friday evening. The individual believed to have contracted the virus is an employee at a Lake Oswego school.

While the spread of novel coronavirus is troubling, please remember facts and science, proven public health measures and common-sense precautions in our personal lives and at school are the best measures we can take to protect our families and community.

COVID-19 Fact Sheet:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served//LE2356.pdf>

Please monitor your own health and your child's. Don't send your child to school with a fever and do all you can to stay healthy yourself; water, sleep, handwashing, etc. It might also be a good time to check in with your employer about sick time and what will happen if you have to stay home for a period of time with a sick child.

Guidelines for keeping a child home:

<https://www.losdschools.org/cms/lib/OR01813384/Centricity/ModuleInstance/3675/When%20is%20my%20child%20too%20sick%20for%20school.pdf>

It is important that you share all updates and concerns about your child's health with me directly, amandamcadoo@thecottonwoodschool.org. And remember at this time, respiratory illness is still more likely to be a common cold or influenza, than COVID-19.

Please know that the virus and appropriate hygiene will be addressed in every classroom on Monday morning in a developmentally appropriate and soothing manner (kids are hearing and seeing a lot of panic out there!) Teachers will address what the virus is, how to stay healthy (sneeze and cough in arm, wash hands regularly for 20+ seconds and use hand sanitizer) and answer questions & concerns.

We will be doing extra wipe-downs of all surfaces and handles throughout the days ahead. If there is an apparent contagious virus present, we will follow cleaning and disinfection protocols from Multnomah County and the Centers for Disease Control.

We are aware of reports in Portland Public Schools that some of their Asian students have been targeted and discriminated against in connection to the coronavirus. This is unacceptable and contrary to Cottonwood School's core values. The Cottonwood School is an inclusive community that strives to foster a sense of belonging and significance in each individual. We do not tolerate hate speech or acts of discrimination and our staff will be on high alert and ready to respond.

Additional resources created specifically for parents that might be helpful:

Comic that may be appropriate to share with some children:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

How to talk to kids about the virus:

<https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk?action=click&module=recirc&rank=1>

What parents need to know about the virus:

<https://parenting.nytimes.com/childrens-health/coronavirus-children-pregnant-women>

We plan to offer regular updates over the coming days if needed. You can also stay up-to-date by visiting the following links:

- [Multnomah County Health Department](#)
- [Oregon Health Authority \(OHA\)](#)
- [Centers for Disease Control](#)
- [Oregon Department of Education \(ODE\) Communicable Disease Guidan](#)