

March 11, 2020

Dear Parents and Guardians,

I wanted to update you on how Pitt County Schools is and will continue to respond to the growing concerns of COVID-19 (Coronavirus), since student safety and the well-being of students and staff are at the forefront of our efforts.

As of the date of this letter, Pitt County does NOT have any confirmed cases of COVID-19 (Coronavirus). However, with the guidance of Pitt County Public Health and the Center for Disease Control, we have asked our school staff and nurses to:

- Monitor any developing patterns in student health.
- Follow flu protocol and advise students of proper hygiene techniques.
- Continue to routinely wipe down surfaces using disinfectant.

We will activate a preparedness and response plan for pandemic flu, with any necessary modifications, if called for. We continue to cooperate with our state and local partners, and our objectives continue to be to reduce transmission of any virus, minimize illness, maintain critical operations and services and minimize disruption of instruction.

While North Carolina Governor Roy Cooper has declared a state of emergency to help mitigate the spread of COVID-19 (Coronavirus), it is important to note that state officials have specifically recommended that schools NOT be closed at this time. This recommendation reflects the current guidance that children are at low risk of serious illness. Please contact your school's principal if you have individual family circumstances or concerns that would cause a student's absence from school.

Regarding school travel, please know that:

- No international, school-sponsored field trips are being allowed or approved at this time.
- National, state, and local school trips are being reviewed and assessed on a case-by-case basis and considering a variety of factors.
- As a parent, you have full authority to not allow your child to attend any school trip if you are not comfortable, or there are individual family circumstances. Again, please contact the school trip organizer or your child's principal at any time to discuss.

Please know that we are in constant contact with local and state health officials, receiving continuous updates and recommendations. As this is a rapidly-changing situation, we will update parents through our website, social media and through our individual school personnel, or the page <http://bit.ly/PittCoronavirus> when we have new information to provide.

For more information on COVID-19 (Coronavirus), please access credible information from sources such as Pitt County Public Health at [www.PittCountyNC.gov/Coronavirus](http://www.PittCountyNC.gov/Coronavirus) or Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov). For information on how to talk with your children about COVID-19 (Coronavirus) from the National Association of School Psychologists, please visit: <http://bit.ly/TalkToChildren>

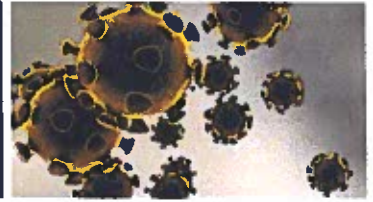
Sincerely,



Dr. Ethan Lenker  
PCS Superintendent

# COVID-19 (Coronavirus Disease 2019)

## What You Need to Know



### What are coronaviruses?

Coronaviruses are a group of viruses that can cause a range of illnesses from the common cold to severe respiratory infection like pneumonia. The COVID-19 is a virus that has been identified as the cause of an outbreak of respiratory illness initially detected in Wuhan, China in December of 2019.

### How do coronaviruses spread?



Through coughing and sneezing.



Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.



Close personal contact, such as touching or shaking hands.



People who traveled to or from **outbreak-affected areas**, or who had contact with someone who has COVID-19, may have been exposed to the virus. Seek medical care if you develop a fever, cough or difficulty breathing within 14 days of traveling or having contact with a COVID-19 case.

### If you may have been exposed and feel sick:

- Stay home and avoid contact with others. Do not go to work, school or daycare.
- Seek medical care right away. **Before you go to the doctor's office, emergency room or urgent care, call ahead and tell them about your recent travel and your symptoms.**
- Inform your local health department.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you have traveled to outbreak-affected areas or had contact with a COVID-19 case and **do not feel sick**, you should monitor for symptoms for 14 days after last exposure and contact your local health department.

### What are the symptoms?



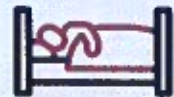
Fever



Cough



Difficulty  
Breathing



Severe  
Illness

**Make sure you are getting reliable information from reliable sources.**

You can find updates on COVID-19 on the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and guidance from the North Carolina Division of Public Health at [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus).

People who have questions or concerns can call 866-462-3821 for more information. Press 1 for English or to ask for a language interpreter. Spanish speakers should press 2. To submit questions online, go to [ncpoisoncontrol.org](https://www.ncpoisoncontrol.org) and select Chat.

