

Canaan Schools Office of the Nurse

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Dear Canaan Families,

The news of school closures and risks around the spread of the virus are causing a mix of emotions as well as different frustrations for different families. While the plan for academics that the staff have in place for continued learning are important, I wanted to take a moment to address the health and emotional well-being of all members of your home.

- Keep structure to the day as much as possible, such as scheduled time for; chores, school work, physical activity, quiet time, creative time, free time, and bedtime.
- While school is closed it is also important to stress the importance of staying home, what you may have heard called social distancing. The goal is to slow down the spread of the virus. It is advised that you limit contact with others if you must go out and always maintain 6 feet of distance from people outside of your home. Leaving your home should be used for work, groceries, gas, the pharmacy, medical appointments, or the bank.
- You can and should still go outside for fresh air and physical activity.
- Be cautious what you read, the news and information on social media can cause worry, fear, and irritability. Use caution how much you are watching this, what you are allowing children to watch, and how much you choose to share with children. It is also important to be cautious what sources you are getting your information from. Unfortunately a lot is unknown about this virus and information is changing daily. A good source of information is either <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or <https://www.who.int/health-topics/coronavirus>.
- It is especially important that anyone that is sick stays home and limits contact with others.
- Seek medical advice if you have a cough, shortness of breath, fever, or any other symptoms of concern.
- Seek emotional support as needed from friends and family, or your doctor.
- Wash your hands often.
- Keep your hands out of your eyes, ears, nose and mouth unless you washed them immediately before.
- Cover a cough and sneeze with your elbow or tissue. If tissue is used, throw it out and wash your hands.

In closing, I encourage you to find ways to have fun together during this time as a family, cook together, play games, read books, learn something new, listen to music and dance. Laughter is great medicine. During this time kids will need your love, your calm, your courage, your sense of humor, your gentleness, and your hugs. Please feel free to contact me with questions or concerns at mprehemo@canaanschools.org or call 1-802-266-8910, option 5 and leave me a message and I will return your call.

Sincerely,

Megan Prehemo, RN



Never underestimate the power of a HUG!

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