



March 5, 2020

Dear Map Academy Community,

We understand that many students and families have questions regarding the recent outbreak of the Novel Coronavirus (2019-nCoV) and how it may impact our local community and our school. We have been in contact with the Plymouth Department of Public Health and are closely monitoring guidance from the Commonwealth of Massachusetts DPH and the Centers for Disease Control and Prevention (CDC). We encourage you to utilize the following links to stay updated on the most recent factual information:

<https://www.plymouth-ma.gov/public-health-department/urgent-alerts/2019-novel-coronavirus-covid-19>

<https://www.mass.gov/info-details/covid-19-quarantine-and-monitoring>

While this is a public health concern, the CDC and Town of Plymouth continue to report that the immediate risk to the general public remains low at this time. As with seasonal flu and strep infections, there are general precautions we can all take to remain as healthy as possible.

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels, makeup or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

It is important to keep children home from school when they are ill. If your child has any of the following symptoms please keep them home from school: temperature greater than 100.4, coughing, vomiting, diarrhea, any rash not yet diagnosed by a physician, red or pink itchy eye, and/or eye drainage and any contagious illness such as chicken pox, strep throat or flu.

The Novel Coronavirus (2019-nCoV) is an evolving situation which we are following closely. Please rest assured that we are monitoring and in close communication with the Plymouth Board of Public Health. We remain deeply committed to student and staff wellness and will continue to share new information with you, as necessary, about this evolving situation.

Sincerely,

Rachel Babcock & Josh Charpentier
Co-directors

[Find your way here.](#)