

Dear Armstrong Families,

The health and safety of your children, our students, are always our highest priorities. For this reason, we are monitoring the [Centers for Disease Control](#) (CDC) website and the San Mateo Department of Public Health notifications for the most up-to-date information about the Coronavirus. We are also receiving information, specifically designed for schools, from the National Association of Independent School (NAIS) on a regular basis.

This is a rapidly evolving situation and we will follow the latest updates for guidance on the most effective and sensible prevention measures.

At this point, we are increasing our already strong efforts in cleaning the classrooms and public areas of the school and emphasizing good hygiene (hand washing) with our faculty, staff and students.

This morning, I was approached by a group of lower school students asking me if I was going to close school as a result of the virus. Should this come up at home, please have a conversation with your children and let them know that based on the information we know at this time, school will remain open. Our goal is to have our students focused on school, and not be distracted. The best thing we can all do is take normal precautions such as we do during cold and flu season (handwashing, coughing into your elbow).

Charles Armstrong School will continue to monitor the situation and provide updates as necessary. If you have questions about these topics, please contact Laura or Barbara in Student Services.

We thank you for your cooperation and support.

Jessica Miller
Head of School

Below is the information that the San Mateo Office of Education suggested we send to our families.

Dear Parents and Guardians,

As critical partners in our success and given the rising concerns about the spread of the coronavirus (now named COVID-19), we wanted to share the following updates. Charles Armstrong School continues to work closely with the San Mateo County Health Department and the County Office of Education in monitoring the COVID-19 situation. According to the [California Department of Public Health](#), as of February 25, 2020, there are 10 cases of COVID-19 novel coronavirus confirmed in California by CDC lab testing and approximately 200 persons have been tested to date.

You may already be aware that the Centers for Disease Control and Prevention (CDC) has issued new travel warnings for South Korea, Japan, and Italy. Travel warnings for China have

not changed, and the CDC has lowered their level of concern for travel to Hong Kong and Taiwan. Additional details about these warnings can be found on the [CDC website](#).

The CDC also recently shared that the coronavirus may begin spreading in communities in the United States, and Americans should begin preparations. This is why we are working with county school and health officials to review protocols for schools in the event that coronavirus spreads in San Mateo County. We will share more information as our preparations advance. In the meantime, current information about the coronavirus is available on the [CDC](#), [San Mateo County Health Department](#), and [San Mateo County Office of Education](#) websites.

As always, we continue to be vigilant in cleaning common areas to minimize the spread of germs. We provide our faculty staff and students with regular reminders about staying home when sick and following sound hygiene and health practices as listed below.

As a reminder to our families, if your child is sick, please keep them home from school. To help prevent the spread of respiratory viruses, including the coronavirus and the flu, follow these important tips:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when sick.
- Cover a cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.
- Get vaccinated every year

The California Department of Public Health does not recommend the use of face masks for general prevention and says that handwashing provides much better protection from infectious diseases.