

March 16, 2020

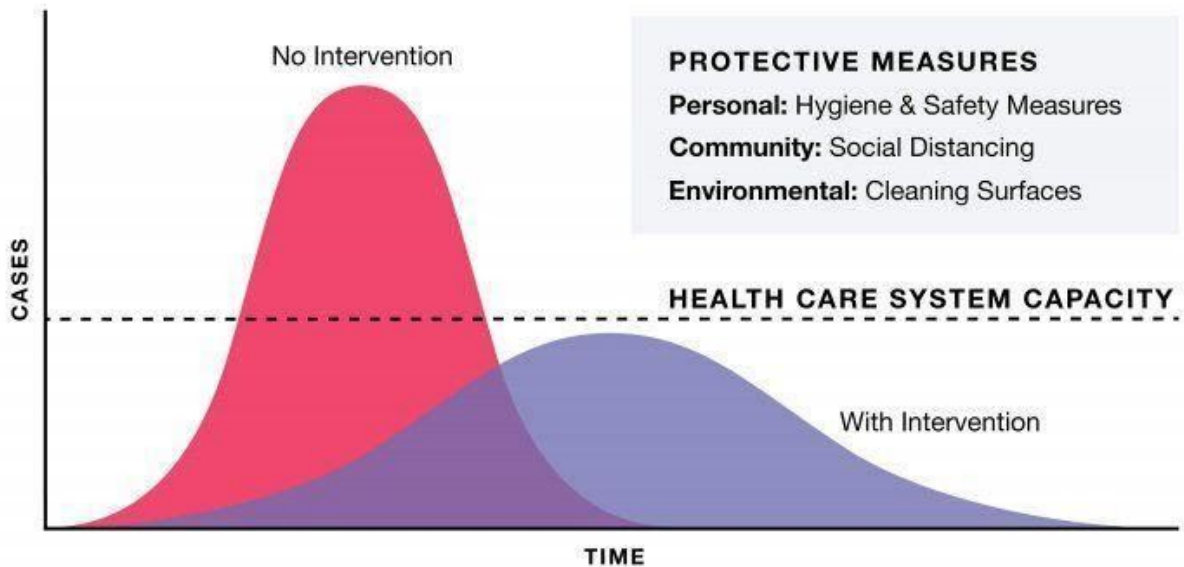
Dear Parents and Guardians:

I'm writing to provide additional information and guidance to update your family while our schools are closed. These days off may feel like snow days because we don't often all stay home together as a family. While we should use this time to reconnect, I encourage you to choose your out-of-the-home activities carefully.

The closing of schools was essential in order to attain the goal of "Flattening the curve" and limiting the number of infections in our county, state, and nation.

Flatten the Curve

Collective action can limit the rise of new COVID-19 infections and help hospitals manage increased demand for care.



Source: CDC

The chart above shows how we personally can be effective in limiting the number of infections in order to keep our medical system from becoming overwhelmed. According to experts, the most effective strategy to limit the spread within our community is called "social distancing." This means changing our behavior to keep ourselves and others safe. If you're going out into the community, it's recommended that you participate in only small gatherings.

Also, while your children are out of school, it's important to remind them daily to practice good personal hygiene and safety measures. This includes:

- Avoid touching your eyes, nose and mouth
- Wash hands often for at least 20 seconds, especially after coughing or sneezing
- Use alcohol-based hand sanitizer if soap and water are not available
- Avoid people who are sick
- Disinfect frequently touched surfaces

Please check our website at www.Bergenfield.org/cv daily. There is hope, that if we come together as a nation and do our part to limit this outbreak, that we have the power to defeat this virus and allow life to return to normal. This is certainly worth the sacrifice we are making now. Thank you for your cooperation in this important matter.

Sincerely,

Dr. Christopher Tully

Superintendent of Schools