

Dear Families and Faculty,

Working in conjunction with the Westborough Board of Health and the Head of Nursing for the schools, this is an update regarding public health questions you might have about flu season and the coronavirus. Residents in Massachusetts are considered at low risk for contracting the novel coronavirus. It is important to remember that Massachusetts residents have a higher risk of exposure to the flu.

The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by COVID – 19. This disease was first detected in Wuhan City in China. Exposure to COVID -19 comes from direct contact with someone who has COVID – 19. The good news is that everyone can do their part to respond to this emerging public health issue. **The Westborough School District is collaborating with state and local health departments to stay up-to-date with guidelines and recommendations to keep our community healthy.** The Centers for Disease Control recommend we all do the following:

- It is currently the flu and respiratory disease season. CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.
- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.
- **Wash hands frequently, for at least 20 seconds.** Washing hands often under clean, running water with soap helps prevent the spread of germs. If you cannot wash your hands, use alcohol-based hand sanitizer frequently.
- **Clean and disinfect surfaces or objects.** The WPS uses DPH recommended cleansers and cleaning schedules to make sure all areas are ready for students and staff on a daily basis.

Your risk of contracting the flu virus and the novel coronavirus can be greatly diminished by following these noted guidelines. Please be reassured that the Westborough Public Schools is working closely with the Board of Health and the Massachusetts Department of Public Health to keep up-to-the-minute with current guidelines and recommendations. Additionally, our school custodial team continues to implement the cleaning and disinfecting protocols that we standardly implement during any noted illness increase at our buildings.

We will continue to keep you informed of any changes to protocol. The health and safety of our students and faculty are always a central priority in all of our work. To check in on any current news, visit the Westborough Board of Health Webpage: [Westborough Board of Health](#)

Thank you,  
Amber Bock  
Superintendent of Westborough Schools