Dear Nash-Rocky Mount Public Schools Families,

Nash-Rocky Mount Public Schools wants to provide you with important information about the Novel Coronavirus (2019-nCoV). As a valuable part of our school community, it is important that you also know how to receive the most up-to-date and factual information.

Nash-Rocky Mount Schools is aware of the concerns surrounding this developing public health threat. Currently, there are only a small number of confirmed cases of Coronavirus in the United States. Our local, state, and federal public health agencies are taking aggressive steps to contain the spread of the virus. We also believe that it is important to remind our families of the threat that the Flu presents in the United States and North Carolina. Both the Flu and the Coronavirus are respiratory illnesses and the public should continue to practice general flu prevention measures, which are found on the district’s website.

In an effort to help minimize the spread of respiratory illnesses, Nash-Rocky Mount Schools will continue to work closely with the Nash County Health Department and the North Carolina Department of Health and Human Services to receive guidance as this situation continues to evolve. It is important for the public to listen to facts and not respond to fear. Currently, North Carolina and the risk to North Carolinians remains a low threat.

NRMS’s Plan of Action:

- Ensure that principals and school nurses are familiar with the district’s communicable diseases exclusion policies and procedures.
- Send students and employees home with a recommendation to see a healthcare official if they are showing the following symptoms: fever, cough, difficulty breathing, or severe illness.
- Work closely with the Nash County Health Department and the NC Department of Health and Human Services to receive guidance as this situation continues to evolve.
- Ensure that school social workers and school counselors are assisting principals and school nurses in monitoring the situation.
- NRMS Maintenance Department, Transportation Services, Janitorial Services, and Child Nutrition Services providing enhanced facilities cleaning and disinfection based on State guidelines.
- Share preventative measures with schools and families.
- Post fact sheets and preventative information on district’s website and social media sites.
- Provide schools with a letter from the superintendent to be sent home or shared with families (posting letter on the district’s website).

930 Eastern Avenue • Nashville • North Carolina 27856 • (252) 462-2511 • fax (252) 459-8011 • www.nrms.k12.nc.us

"Preparing ALL students for bright & prosperous futures by Deliberately and Intentionally providing Rigorous and Relevant instruction in every classroom, every day"
• Make a ConnectEd call to make families aware of the information being shared and where to find it.

There are no plans to close schools at this time. Closing schools is an extreme measure that can be disruptive to the day-to-day life of our school community. The decision to implement such an action will be at the direction and guidance of public health experts.

Please visit Nash Rocky Mount Schools’ website for more information. Here is a list of other helpful websites:

• If you have questions or concerns, call the COVID-19 Helpline toll free at 1-866-462-3821. To submit questions online, go to https://www.ncpoisoncontrol.org/ and select “chat”.

Respectfully,

Dr. Steven Ellis,
Superintendent, Nash Rocky Mount Schools
Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT 2**
The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you:

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT 5**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: www.cdc.gov/COVID19