



## Good Habits Can Help Prevent Illness

### Sharing Loudoun County Public Schools (LCPS) Update

January 28, 2020

Good afternoon,

Given recent media reports regarding the Wuhan Coronavirus, I wanted to share this LCPS distributed update with you. I will share additional or updated information as it becomes available from the Loudoun County Health Department.



(Distributed by LCPS on 1/27/2020)

As media reports on the Wuhan coronavirus become more frequent, Loudoun County Public Schools (LCPS) wants parents and staff to know that we are mindful of the situation and collaborating with the Loudoun County Health Department to ensure we have the latest information.

There are no reported cases of the coronavirus in Loudoun County at this time. Public health authorities are not recommending any specific actions be taken now, except to continue practicing good hygiene and other routine steps to avoid the spread of any virus.

The Centers for Disease Control and Prevention, a branch of the U.S. Department of Health & Human Services, makes the following recommendations to help prevent the spread of respiratory viruses:

- 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 your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. If you don't have a tissue, cough or sneeze into your elbow.
- Clean and disinfect frequently touched objects and surfaces.

If LCPS receives additional recommendations from the Health Department, the LCPS Office of Health Services will provide updates. To learn more about coronavirus, visit the [Centers for Disease Control website](#) or the [Virginia Department of Health website](#).

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All my best,



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