



March 2, 2020

Dear Lynnhaven Families,

Lynnhaven Academy is closely monitoring the health crisis associated with novel coronavirus infections (COVID-19) and any impact it may have locally. Currently, there are no cases of COVID-19 infection in our region. According to the Centers for Disease Control and Prevention (CDC), risk to the U.S. public is considered low to moderate at this time. The most up-to-date information about the COVID-19 outbreak can also be found on the CDC website, but here is some basic information as provided by the CDC.

What is novel coronavirus? Novel coronavirus (2019-nCoV) is a new virus that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How severe is novel coronavirus? Experts are still learning about the range of illnesses from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

How does novel coronavirus spread? Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses, like the common cold, spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

What are the symptoms? People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus and include: Fever, Cough, Difficulty breathing. ***IF YOU EXPERIENCE ANY OF THESE FLU-LIKE SYMPTOMS - STAY HOME.***

How can I prevent from getting novel coronavirus?

Steps you can take to prevent spread of flu and the common cold will also help prevent novel coronavirus:

- wash hands often with soap and water. If not available, use hand sanitizer.
- avoid touching your eyes, nose, or mouth with unwashed hands
- stay home while you are sick and avoid close contact with others
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing

Lynnhaven Academy will have face masks on hand for students who show signs and symptoms of flu as well as alcohol based hand sanitizer in every classroom. We will continue to closely monitor information put out by the CDC as it relates to schools. If you have any questions or concerns, please feel free to contact me.

Best,

A handwritten signature in blue ink that reads "Johnathan G. Harris". The signature is written in a cursive style.

Johnathan G. Harris, Ed.S.
Headmaster