



February 28, 2020

RE: COVID-19

Dear Catholic High Families,

I am writing to update you on The Catholic High School of Baltimore's work and response related to the novel Coronavirus, now referred to as COVID-19.

As you may know, the Centers for Disease Control (CDC) issued warnings this week about COVID-19 and indicated that they believe the virus is likely to spread in communities in the United States. They urged individuals, schools, and communities to begin preparing for potential closings, quarantines, and other significant disruptions.

Though the public health threat here in Maryland and across the United States remains low, you can take very basic steps to help keep yourself and your loved ones healthy. Practice everyday actions to promote good health and prevent the spread of respiratory viruses, including COVID-19:

- Wash your hands frequently with an alcohol-based hand sanitizer or soap and water
- Cover your mouth and nose while coughing or sneezing
- Avoid close contact with people who are sick
- If you are sick, stay home from work or school
- Avoid touching your eyes, nose or mouth
- Build a preparedness kit for your home in case you are sick with any respiratory virus and need to stay at home. Examples include:
 - Pain relievers, fever reducers, decongestants, and cough drops
 - Alcohol-based hand sanitizer
 - Thermometer
 - Facial tissues, paper products
 - Nonperishable food
 - Extended supply of prescription medications
 - Diapers or pet supplies if needed

We believe the COVID-19 risk is still very low to the Catholic High community. However, we are reviewing and updating our pandemic crisis plan to be sure we are prepared for any disruptions. Additionally, with Easter break on the horizon and an increase in travel, we want to make sure you are aware that we will follow the recommendations of the Maryland Department of Health. This may require families who have traveled to China and other higher risk areas to either undergo a medical exam before returning to Catholic High. If you have concerns or questions, please be in touch with school nurse, Mrs. Barbara Maher at 410-732-6200 x 222.

Please view the letter below concerning COVID-19 from the Archdiocese of Baltimore.

The health and safety of our community remain our highest priority. As always, we will continue to support our students and families as we monitor the COVID-19 developments and update the community as necessary.

Respectfully,

Mrs. Sharon Johnston
Principal

A Quality College Preparatory Education in the Franciscan Tradition

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Dear Parents,

The Catholic High School of Baltimore and the Archdiocese are collaborating to ensure proper and timely management of and response to the Coronavirus (COVID-19).

Prevention is a priority! We will continue to focus on the following preventative measures as advised by the MD Department of Health <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx> and the CDC www.cdc.gov/COVID19.

Flu-like symptoms are fever, cough, and shortness of breath. In general, people can protect themselves and others against respiratory viruses by taking the following precautions:

- Wash your hands frequently with an alcohol-based hand sanitizer or soap & water for at least 20 seconds.
- Cover your mouth and nose while coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick, stay home from work or school.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice good health habits.
- Clean and disinfect frequently-touched objects and surfaces.
- Get a flu shot. While the influenza vaccine does not protect against coronavirus infection, it can help keep you healthy during the flu season.

If there are concerns that a person in our school community might have been exposed to COVID-19, either through travel or by other means, we will follow the health department guidelines and reach out to the health department immediately for guidance.

The safety of our students and employees is our primary concern. The best prevention is to avoid being exposed to the virus. Student travel or school activities will be assessed and might be canceled due to an abundance of caution. It is important that we all focus on the continuance of learning for students who are at home and are planning accordingly.

We are closely monitoring all COVID-19 virus information and recommendations and will modify our response in compliance with the directives provided by the various health authorities and experts.

PUT IN SCHOOL NAME will continue to communicate any updates to you. Please feel free to contact us if you have any specific concern.

Yours in Christ,

Sharon Johnston
Principal

The Catholic High School of Baltimore

Donna M. Hargens, Ed.D.
Superintendent

Disease
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