

# NESPELEM SCHOOL DISTRICT No. 14

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## BOARD OF DIRECTORS

P. Jolene Marchand, Chair  
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Nancy Armstrong-Montes, Director  
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Stephanie "Pete" Palmer, Director

March 2, 2020

Dear Parents, School District Staff and Families:

We are writing to you because we value the health and well-being of our students, staff and families. As you are aware, there are confirmed cases of COVID-19 (coronavirus) and deaths in Washington State. We want you to know that our district is working with local, state and national health agencies on prevention and district management in the event an outbreak in our community. Our district follows health care expert guidance and practice recommendations. We are sharing this information so you are aware and can help reduce the spread of infection.

The following practices are extremely important for all students and adults:

- Do not bring your student to school if they do not feel well or have cold or flu-like symptoms (elevated temperature, fever, cough, shortness of breath). Keep your student home.
- Do not come to work at the school if you do not feel well or have cold or flu-like symptoms (elevated temperature, fever, cough, shortness of breath). Stay home.
- Wash hands often with soap and warm water. If you do not have soap and water, use alcohol-based hand sanitizer with at least 60% alcohol.
- Sneeze and cough into a tissue, elbow or sleeve instead of your hands. Throw used tissues in a garbage container immediately after use. If you use your hands to cover a sneeze or cough, wash your hands immediately with soap and water or alcohol-based hand sanitizer.
- Avoid rubbing your eyes, touching your nose or putting your fingers by or in your mouth.
- Avoid close contact with anyone with cold or flu-like symptom

Washington State Department of Health (DOH) and Centers for Disease Control (CDC) share information about COVID-19 at:

<https://www.doh.wa.gov/Emergencies/Coronavirus#beprepared>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

A Washington State DOH phone line is also available for any questions. Call 1-800-525-0127 and press #.

The Nespelem School District takes this health risk very seriously. We have taken extra precautions at the classroom and building level to ensure a healthier environment. It is our hope that our school and community are better protected because we are all taking steps to prevent the introduction and spread of the new virus.

Sincerely,



Dr. Mary S. Hall, Superintendent  
Nespelem School District