



Alief Montessori Community School

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January 28, 2020

HEALTH PRECAUTIONS

Dear AMCS Parents,

The news about the coronavirus could be a cause for concern for your child's health and safety in school. Please note that AMCS carries out daily cleaning and sanitizing procedures in the classrooms and other areas of the school. We also remind the children to wash their hands before meals and after recess.

AMCS teachers and staff will monitor who is sick with cold, cough and/or fever, and we will notify parents if any child needs to be picked up for any of these reasons. Please make sure that the school has your most updated contact information.

We ask your help to be vigilant and safe by avoiding crowded places where you might catch any type of illness, including a simple cold. Simple habits will help keep us healthy, such as:

1. Eating nutritious food
2. Getting enough sleep and rest
3. Washing hands frequently
4. Exercising
5. Not sending children with severe cold, cough and/or fever to school. Stay home when sick.
6. Students and staff must cover coughs and sneezes with a tissue or their bent arm, and to wash hands after using a tissue.
7. Keep hands away from nose, mouth, and eyes.

If you have family members or friends visiting especially from places reported by CDC to be infected with the coronavirus, please exercise all the necessary precautions to be healthy and safe.

Respectfully,

Delia Presillas

Principal and Superintendent