



11 March 2020

Dear Parents/Caregivers

The school receives **regular updates** about COVID-19 (**Coronavirus**) in New Zealand from the Ministry of Education and the Ministry of Health Director-General.

Because COVID-19 is a new virus, it was always going to take time to understand how it is transmitted and who might be most impacted.

We want to deal with the facts and not unhelpful and inaccurate information shared, particularly through social media.

Some facts from the World Health Organisation:

- At this time the vast majority of people in NZ have no risk of exposure to the virus that causes COVID-19.
- Children and young people under 18 account for only 2.4% of all reported cases at this stage.
- Spread happens through coughing and sneezing by someone confirmed with COVID-19, similar to the way influenza spreads.
- If a child or young person does get confirmed with COVID-19, 97.5% will get mild to moderate symptoms. Recovery time (median) from onset to recovery in mild cases is 2 weeks.

It continues to remain that the best thing to do is to practise good preventative measures, including:

- ✓ Washing hands with soap and water for 20 seconds before and after eating as well as after using the toilet (and dry thoroughly)
- ✓ Covering coughs and sneezes with clean tissues or with an elbow
- ✓ Putting used tissues in the bin
- ✓ Avoid touching your eyes, nose and mouth with unwashed hands
- ✓ Get adequate sleep and eat well-balanced meals to help ensure a healthy immune system.

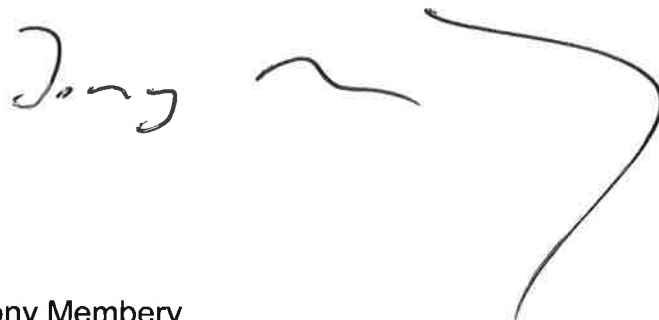
Be very clear and certain that if there is a case with a connection to a school, or early learning provider, the local Medical Officer of Health will advise the Regional Director of Education, and planned steps and actions would quickly be put in place. Effective communication with parents and caregivers would obviously be part of this.

The COVID-19 symptoms are a fever, coughing, fatigue and difficulty breathing.

If anyone has these symptoms and has recently been to a country or area of concern, or have been in close contact with someone confirmed with COVID-19, they must contact **Healthline 0800 3585453 or their Doctor immediately.**

Let's deal with the facts and not misinformation.

We will continue to update you with the latest information.

A handwritten signature in black ink, appearing to read 'Tony Membery', followed by a large, stylized flourish that extends to the right and curves downwards.

Tony Membery
(Principal)