

## March 18, 2020 (morning message)

We are continuing with current virus-prevention protocols. As numbers continue to grow within the commonwealth and country, we continue to encourage you to do the same.

- Wash hands frequently with soap and water for at least 20 seconds;
- regularly clean high-touch surfaces;
- cough/sneeze into the crux of your elbow (or a tissue and then place the tissue in the trash);
- keep your hands away from your face; and
- practice social distancing.

It is recommended to stay home and work remotely if you are able, only going out for needed groceries or medications, and definitely stay home if you feel ill. If you do become ill, contact your health provider before going into the office or the emergency room. It remains critical that we all do our part to not only protect our families, but also the most vulnerable members of society. We expect an updated message from the state Department of Education and the governor at some point today, however we do not know if any guidelines will change. If so, a brief summary of the new guidance and what it means for Bellefonte Area School District and the community will be posted here.

Take time to read with your child and encourage them to engage in some of the activities our principals have shared on this website: [Activities, ideas and resources](#). Encourage them to explore books and talk about what they are reading. This is a fun and educational way to pass the days together.

Please take care of yourselves and your families.

You can also access updates:

- [DOH, Coronavirus](#)
- [PDE, COVID-19](#)
- COVID-19 [Pennsylvania State Public Service Announcement](#) (provided by PA IU-10)