Dear Codman Families,

We want to make sure that all our families have the resources needed to continue to be healthy and get the best medical care in case of need. Please find below information for staying healthy and reaching out for medical care in case you or a family member may need it.

WHAT YOU CAN PERSONALLY DO TO STAY HEALTHY:

**The best advice is the oldest advice:** Wash your hands! The virus that causes COVID-19 is similar to the viruses that cause regular colds, so it is actually quite fragile and it can be killed and eliminated with regular soap and water.

- Wash your hands frequently for at least 20 seconds with soap and water, or use an alcohol-based hand sanitizer, anytime you are outside and using public space or after coughing or sneezing.
- Try not to touch your face.
- **Avoid close contact with people:** This is especially important for people who are at higher risk of getting very sick.
- Put distance between yourself and other people, as COVID-19 virus spreads through personal contact.
- Use non-contact ways to greet people. Think about waving, rather than shaking hands.
- Also avoid “elbow bumps” or “leg shakes”.
- At all cost, avoid giving hugs to elderly family and friends, e.g. grandparents or older aunts and uncles. Do not forget to call them and check on them though.

**Clean and disinfect:**

- Clean AND disinfect frequently touched surfaces daily. This includes cell phones, tables, doorknobs, light switches, countertops, handles, desks, keyboards, etc.
- You do not need to use bleach or other special disinfectants to clean your hands or home space.

**Cover coughs and sneezes:**

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

**Reduce the frequency of going to grocery stores:**

- Of course trips to the grocery store will be necessary, but try to limit them and go at times when they are less busy.
- Maintain distance from others while shopping, and remember that hoarding supplies negatively impacts others so buy what you need and leave some for everyone else.
- Take-out meals and food are riskier than making food at home given the links between the people who prepare food, transport the food, and you. It is hard to know how much that risk is, but it is certainly higher than making it at home.
If you are sick:
   a. Stay home if you’re sick, to minimize the spread of germs, except to get medical care.
   b. Where to get medical care: Your doctor’s office. Or use the health care services of our long-standing partner and next door neighbor: Codman Square Health Center, 637 Washington Street, Dorchester, MA 02124, 617-825-9660
   c. The Codman Square Health Center is located right next to the Codman Academy building. The Urgent Care at the health center is OPEN TO ALL (so you are NOT required to be a patient at the health center to be seen by a doctor or nurse).

**Codman Square Health Center Urgent Care Hours:**
- Mon: 8:30am – 9:00pm
- Tues: 8:30am – 9:00pm
- Weds: 8:30am – 9:00pm
- Thurs: 8:30am – 9:00pm
- Fri: 8:30am – 9:00pm
- Sat: 9:00am – 3:00pm
- Sun: 9:00am – 1:00pm

If you require emergency services beyond what is provided at Codman Square Health Center, Boston Medical Center (BMC) is the Health Center's primary hospital affiliate and offers outstanding emergency care 24/7.

**What are the COVID-19 symptoms to watch for:**
   a. The CDC informs that the following symptoms may appear 2-14 days after exposure: Fever, Cough, Shortness of breath
   b. If you or your family member develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include: difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face. Please seek emergency medical care right away, if any or all of these symptoms occur.

**Please take care of yourself and those around you:**
   a. It is completely normal to feel anxious right now. Despite the constant flood of information, there is still a lot that we don’t know, and that makes it really hard to know what to expect.
   b. Make sure you and your family members are staying hydrated, getting enough sleep, getting meal breaks,
   c. Please take out time for things you enjoy when you’re not at work, like reading a book, cooking, playing board games or watching your favorite TV show together or going for a walk or hike.

**We are here to support if you need it:**
If you have questions or concerns about where to go for healthcare, health insurance or community resources, please reach out to us. We may not have all the answers, but we will do our best to support. School staff that can provide information on Codman Square Health Center and access to health care are:

Chetna Naimi, Partnership Director, Contact: Cnaimi@codmanacademy.org cell: 404-617-7775

Donald Isemus: Part-time school nurse and Urgent Care nurse at Codman Square Health Center

Candace DeStefano: School Nurse, cdestefano@codmanacademy.org
Where to go for accurate health information: There is a lot of information out there. Some of it is helpful and accurate, and some of it is not. The best places to go for reliable and current information are the following websites:

1. Massachusetts Department of Public Health
2. Boston Public Health Commission
3. Centers for Disease Control

Talking with children about Coronavirus Disease
As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. The CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

1. **Remain calm and reassuring.**
   a. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

2. **Make yourself available to listen and to talk.**
   a. Make time to talk. Be sure children know they can come to you when they have questions.

3. **Avoid language that might blame others and lead to stigma.**
   a. Remember that viruses can make anyone sick, regardless of a person’s race or ethnicity. Avoid making assumptions about who might have COVID-19.

4. **Pay attention to what children see or hear on television, radio, or online.**
   a. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

5. **Provide information that is honest and accurate.**
   a. Give children information that is truthful and appropriate for the age and developmental level of the child.
   b. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

6. **Teach children everyday actions to reduce the spread of germs.**
   a. Remind children to stay away from people who are coughing or sneezing or sick.
   b. Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
   c. Discuss any new actions that may be taken at school to help protect children and school staff. (e.g., increased handwashing, cancellation of events or activities)
   d. Get children into a handwashing habit.
      i. Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
      ii. If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol.
Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

**Online resources on talking to children**
1. Information from the CDC-[about COVID-19](https://www.cdc.gov). Also available in [Spanish](https://www.cdc.gov/).
4. Just For Kids: A Comic Exploring The New Coronavirus ([Goats and Soda](https://www.npr.org)).
5. [BrainPop – Coronavirus: Teach This Topic](https://www.brainpop.com/health/coronavirus/).