This Is an important message to all students and your families from Lynda Ralli School Community Health Nurse from Montgomery County Department of Health and Human Services.

 If you or someone in your home is sick with COVID-19 or has been with someone sick with COVID-19 or is sick with fever, cough, chills vomiting diarrhea rash or loss of taste and smell Please do the following:

Stay Home! except to get medical care.

Restrict outside activities.

Do not go to work or public places

Separate yourself from others in your home as much as possible

Cover your cough /sneeze with your sleeve or a tissue

Wash your hands often and thoroughly with soap and water for at least 20 seconds

Wear a mask if possible

Avoid sharing household items

Clean all high touch areas such as doorknobs countertops, tabletops, phones, keyboards and tablets frequently

Monitor for symptoms and seek prompt medical attention if your illness is worsening.

check the CDC website daily and if you are unable to do that please call DHHS COVID-19 call center between 8a-8p for questions or guidance at 240-777-1755

Following this advice is the BEST way to help stop the spread of this virus and speed up getting us back to or daily routines and Back to school!

We all miss you all and stay safe and healthy!!