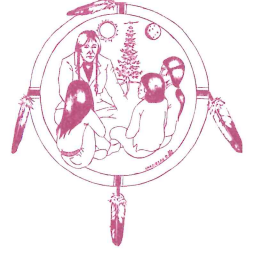


# Ahkwasāhsne Mohawk Board of Education

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Ennisko:wa/March 9, 2020

## RE: COVID-19 Virus Prevention

Dear Parents/Guardians and AMBE Staff,

As spring break approaches and some of you may be planning to travel, we wanted to share some information regarding the COVID-19 virus:

- The Ahkwesāhsne Mohawk Board of Education is in contact with regional health officials and will keep you informed of any key updates;
- Healthy hygiene habits will be promoted in our schools and reviewed during school assemblies and over the intercom, daily.
- Everyone needs to wash hands *frequently*;
- Remember to cover your mouth and nose with your arm when you sneeze or cough.

Should you, your child, or someone in your family, come down with a **cough**, **fever** or have **difficulty breathing**

· Please do not visit Urgent Care or the Emergency Room, including SRMT Health Clinic or MCA's Kanonhkwa'tsheri:io, without notification, should you have symptoms of COVID and have recently travelled or believe you have been exposed to the virus.

· Contact SRMT Health Clinic at (518) 358-3141 or MCA's Department of Health at (613) 575-2341 for remote screening,

· Self-quarantine until symptoms disappear. NOTE: Individuals should have sufficient supply of food, medicine and other essential items for a 14-day quarantine period.

Further information on the virus can be found on the World Health Organization (WHO) site:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.

We will keep you updated with information we receive from health officials. Wishing you all a great spring break!

Sincerely,

Donna Lahache  
Director of Education, AMBE