

Dear Parents, Teachers, Students and ASD community,

Unfortunately, the presence of the Coronavirus in Mexico is likely not a question of “if”, but “when.” Therefore, it is important to note that prevention is our main and strongest tool to avoid getting sick, with this or with any other virus. The official CDC COVID-19 status changes worldwide on a daily basis, therefore it is incumbent upon all of us to stay informed and take precautionary measures.

As with any other transmissible disease, hygiene is the top priority and prevention should be strengthened as a common practice on a daily basis. To avoid being exposed to viral diseases, please observe the following preventive measures as found in the World Health Organization guidelines:

- Avoid close contact with people who are sick with ANY virus
- Avoid touching your eyes, nose, and mouth.
- Stay home if sick and do not send children to school if they are unwell or with fever. Siblings of sick children should also remain home for precaution.
- Symptoms: If you develop a dry cough, shortness of breath, fever and general pain, please contact your doctor
- Cover mouth and nose for coughing and/or sneezing
- Throw used tissues in a closed waste basket. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
CDC (Center for Disease Control in the USA) does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Face Masks should be used by people who show symptoms of viral diseases to help prevent the spread of the disease to others.
 - The use of facemasks is crucial for people who are taking care of a sick person at home or hospital
- Wash your hands often with soap and water for at least 20 seconds (the time you use to sing “happy birthday”) after coughing, sneezing, using the toilet, shaking hands
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Try to avoid kissing and hugging for greeting.
If you think you might have been exposed to COVID-19 (by a recent travel or family member returning from a trip to places in high risk) please contact your doctor immediately and inform ASFM so stronger preventive measures can be set in place

For more information about coronavirus please go to: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

If you are planning to travel during the upcoming April Easter break or receive visitors from outside of Mexico, please consider the following:

As a school we must take general precautions to avoid, as much as possible, the transmission of any virus, and in particular at this moment, the COVID-19. For this reason and following international official recommendations and worldwide school trends, **we ask you to avoid traveling to places that have been rated as: [Alert Level 2 or 3](#)**. To help us with any and all preventative measures for health and safety and for the safety of our community, please report any travel to a country at risk to our school. If you decide to travel to and then return from one of these high risk places or a location that is currently on or eventually added to the list of high

risk countries, the school reserves the right to require you to self-quarantine for 14 days (at least).

If you get sick, please contact Secretaría de Salud, 800-0044-800 so they can monitor your quarantine and IMSS gets notified and your incapacidad takes place. If you are abroad and quarantine is a possibility, the Mexican consulate should be contacted (8620) 22081540/41 or (86) 13925114889.

We are continuing to monitor the situation with local and international health officials and will update you as we receive information. We are currently developing policies to be in effect to deal with possible extended absences for students or staff.

Regards,

David Brown