

VCS Families,

The 2019-20 flu season has been complicated by a novel (new) coronavirus. Coronaviruses are a large family of viruses. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing. Even though there has been a reported case of an individual with the virus in Maricopa County, the Center for Disease Control (CDC) has maintained the immediate health risk to the general public is low.

We will continue to monitor the situation and obtain updates from the CDC and local health officials about the diagnosis and management of cases of the 2019 Novel Coronavirus, as applicable.

Following the recommendation from the CDC advising travelers to avoid all nonessential travel to China, we are issuing a travel restriction to China for all faculty, staff, and students, effective immediately. Any member of our community - including parents - traveling to China during the restriction will not be allowed back on campus for 14 days after their return. We will continue to monitor recommendations for travel in Southeast Asia to determine if additional travel restrictions are required.

In addition to the novel coronavirus, The Arizona Department of Health Services reports that influenza (flu) activity levels are three times higher than last season. The flu is a contagious respiratory illness. As a reminder, please do not send your child to school if they are feeling sick. Keeping your sick child home will be a great benefit for the health and wellness of our students and staff.

Here are some precautions we encourage everyone to take so they can stay healthy!

- Get vaccinated (it's not too late)
- Frequent handwashing with soap for at least 20 seconds
- Try to get sufficient sleep, drink plenty of fluids, and eat nutritious foods
- Avoid touching your eyes, nose, and mouth
- Cough or sneeze into your elbow
- Do not share cups, straws, or anything else you put into your mouth
- Avoid close contact with people who are sick.

Please keep our foreign exchange students and their families in your prayers as concern continues to rise over family and friends at home.

We will keep you updated with any developments that could impact our families or school campuses.