

Dear Aspen Families,

I know there is a growing concern regarding the Coronavirus (COVID-19). I want you as parents to know that the health and safety of our families and community are of highest concern and we are committed to making informed and educated decisions on what is best for students. I am in regular contact with representatives from the Minnesota Department of Health and the Minnesota Department of Education to guide our actions in preparing and responding to COVID-19.

Here is what we are asking parents and students to do to help prevent and limit the spread of all illnesses within the school:

- Wash hand for at least 20 seconds with soap and water, especially after using the restroom, before eating and after blowing your nose.
- Cover your nose and mouth when coughing or sneezing. Cough or sneeze into your elbow or use tissue and immediately place it in the trash.
- Use your own water bottle – do not share.
- Avoid close contact with anyone who has flu-like symptoms.
- Stay home from work or keep your kids home from school if they are experiencing (COVID-19 symptoms such as fever, shortness of breath and cough). It does not generally include sore throat or runny nose.

If you believe your student is experiencing these symptoms, the CDC recommends that you keep them home from school until the symptoms subside. Aspen Academy will not be testing students for the virus. If you think your student may have the virus please contact your physician and they will determine if you or your child need to be tested. If anyone within our district has a confirmed case we will be notified as a school. If you have been tested and have been confirmed to have the virus please contact the principal immediately and relay all pertinent information.

As spring break approaches, we know that many families may have plans to travel. The CDC requests that any travelers returning from a country classified as a Travel Warning Level 3 quarantine themselves for 14 days upon arrival in the United States and monitor for symptoms. Travel guidelines and recommendations are likely to change, so we encourage you to check the CDC's website at: <https://www.cdc.gov/coronavirus> If you have additional questions about the situation, you can contact the Minnesota Department of Health's hotline at 651-201-5414 or visit their website at: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Thank you for your support and cooperation as we work together to prevent the spread of illness and the COVID-19 virus. We will continue to monitor the situation closely and follow the guidance given from MDH and MDE and keep you informed through regular communication as needed.

Sincerely,

Dr. Connie Freitag  
Executive Director