

Dear Student,

The rapidly evolving global situation involving Coronavirus Disease 2019 (COVID-19) is understandably causing concern locally, even though there have been no cases of COVID-19 in the states of Maryland, Pennsylvania, or West Virginia to date. While CDC categorizes the risk of exposure to COVID-19 as being low at this time, public health officials are advising communities, schools, and businesses to be proactive in developing plans for combatting the spread of illness. Following are non-pharmaceutical interventions (NPIs) that can be taken on a personal level for COVID-19, influenza, and similar illnesses:

- Staying home when you are sick.
- Covering coughs and sneezes with a tissue.
- Washing hands with soap and water or using hand sanitizer when soap and water is not available.

For more information on non-pharmaceutical interventions (NPIs), visit the Centers for Disease Control and Prevention's website at <https://www.cdc.gov/nonpharmaceutical-interventions/index.html>.

Updates on the Coronavirus Disease 2019 (COVID-19) can be found by visiting www.cdc.gov/COVID19