

Notification from: **Public Schools of Northborough & Southborough**

**COVID-19 Social/Physical Distancing:**

**What it is and what it isn't**

**By Dr. Safdar Medina, District Physician**

**Mary Ellen Duggan, District Wellness Coordinator**

**Dear Parent(s) and Guardian(s):**

COVID-19 spreads via respiratory droplets from person to person. The virus is more contagious than influenza and lives on surfaces for long periods of time. Reducing the ways people come in close contact with each other is essential to lessen the risk of getting sick.

Social or physical distancing means staying away from others and staying home as much as possible, it is the only way we can slow this virus down. We need to do it now to protect ourselves, the vulnerable and those that can't protect themselves.

**Social/Physical distancing is:**

- **Staying away from other people** (besides immediate household members).
- **Going into public places only if essential** (food is essential -plan your grocery shopping during non-peak hours).
- **Protecting yourself and others.**
- **The right thing to do, RIGHT NOW.**

**Social/Physical distancing is NOT:**

- Hanging out with friends (in a house, on a field, at a park, anywhere!).
- Standing in line at a store or coffee shop with other people (please use drive-thru, pick up or delivery).
- Bringing your kids to the playground.
- Visiting elderly relatives.

Please continue to monitor your children's social media use. There is a lot of information available, and not all of it is true. **Various social media platforms have had posts that minimize the effects of COVID-19 and encourage kids to get together - THIS IS NOT TRUE.**

As we see the number of cases rise locally, in the state, and nationally, **our efforts to follow the strictest social/physical distancing guidelines are imperative.** We are all responsible for protecting those at higher risk, this includes the elderly, children with disabilities, or any person with a compromised immune system. Social/Physical distancing may feel like an inconvenience, but it is the best way to protect our family, friends, and neighbors. **Doing the right thing now will save lives.**

Along with social/physical distancing, please continue everyday prevention including:

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizers.
- Cough/sneeze into your elbow or into a tissue, dispose of used tissues immediately and wash your hands.
- Avoid touching your face.
- Avoid close contact with others who are sick.
- Stay home if you are sick.

**PLEASE, be healthy, and be safe.**

**Dr. Safdar Medina Mary Ellen Duggan, RN Gregory L. Martineau**  
**District Physician Wellness Coordinator Superintendent of Schools**

**Important: Town COVID-19 Updates**

[Town of Northborough COVID-19 Updates](#)

[Town of Southborough COVID-19 Updates](#)

**What do I do if:**

**I am ill with a fever, cough, and shortness of breath?**

- **Stay home and** contact your medical provider immediately.

**If my child is ill with a fever, cough, and shortness of breath?**

- **Stay home and** contact your medical provider immediately.

**If someone in my household tests + for COVID-19?**

- The entire household needs to stay home, strict self-quarantine, monitor for symptoms and contact your medical provider.

**If someone I was in close contact with tests + for COVID-19?**

- **Stay home, strict self quarantine,** monitor for symptoms and contact your medical provider.

**I don't know if I have had contact with someone who has COVID-19?**

- If a person tests positive, DPH is notified. If you are considered a close contact, you will be notified by DPH of the need to self- quarantine and monitor or the need to be tested.