

# Norwood Public Schools

Dr. David L. Thomson,  
Superintendent

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## FOR IMMEDIATE RELEASE

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# Norwood Public Schools Urges Social Distancing During Break From School

## All MA Schools to Close through at Least April 7

NORWOOD -- Superintendent David L. Thomson would like to notify parents of Governor Charlie Baker's announcement last night to close all public and private schools statewide until April 7 and provide information about the importance of social distancing during this time.

Norwood Public Schools will be following the mandate put forth by Gov. Baker's office and all schools will remain closed until April 7.

The reason for the continued closure of schools is to prevent the spread of COVID-19 and to practice and promote social distancing.

Parents should be sure to talk to their children about proper hygiene and prevention methods and about the importance of social distancing until further guidelines are provided by state officials about the status of the virus.

Social distancing -- maintaining a distance of approximately 6 feet from other people -- has proven effective at slowing the spread of COVID-19.

Families should practice social distancing with their children and follow these guidelines from state and local health officials:

- Families should not hold "play dates" and those in need of childcare should limit the number of families involved as much as possible.
- Practice social distancing techniques with children and have them practice among themselves
- Clean and sanitize toys, video game controllers and all touch surfaces regularly

Social distancing will help to minimize exposure among people, especially given that COVID-19 is highly contagious and people may be contagious prior to exhibiting symptoms.

As the weather continues to improve, outdoor gatherings are viewed as safer, but social distancing techniques should still be practiced, and all sports/recreation equipment and toys should be cleaned regularly.

Teens are included in this group, and activities like bike riding and hiking/walking are viewed as safer alternatives to gathering at movie theaters, retail stores and other indoor venues.

"Though this is a challenging and unique situation, these measures are taken to keep students, staff and their families healthy," Superintendent Thomson said. "We urge everyone to do their part and take the practice of social distancing seriously while schools remain closed."

Symptoms of COVID-19 include fever, cough and shortness of breath, and can appear between two and 14 days after exposure, according to the Centers for Disease Control and Prevention (CDC). Anyone who experiences symptoms and believes they may have the virus is advised to contact their health care provider. For more information from the CDC for those who may have the virus, [click here](#).

School officials also wish to encourage students and staff to follow recommended preventative steps from the DPH:

- Practice good hand hygiene. Wash your hands often with soap and water for at least 20 seconds including under your fingernails. Alcohol-based hand sanitizer (at least 60% alcohol content) can be used when soap and water are not available.

- Keep your hands away from your face.
- Cover your nose and mouth when sneezing and coughing with a tissue and discard it immediately. Cough into the sleeve over your elbow instead of your hand. Wash your hands often when coughing and sneezing.
- Stay away from people who are sick and stay home when you are sick.

For more information, visit the DPH website by [clicking here](#) and the CDC's website by [clicking here](#).

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**Know the facts.  
Protect yourself.  
Stay well.**

## COVID-19 Prevention

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Wash hands with  
soap and water for  
20 seconds



Use hand  
sanitizer



Avoid touching  
eyes, nose and  
mouth



## How COVID-19 Spreads

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Respiratory  
droplets



Contaminated  
surfaces



People in close  
contact (6 feet)



People are thought to be at their most contagious when they are at their most symptomatic. Some spread might be possible before people show symptoms, but this is not thought to be the main way the virus is spread.

**If you come into close contact with someone with COVID-19 for a prolonged period:**

- Monitor your health. If you develop symptoms call ahead to your doctor.
- Call your local health department for further

• Call your local health department for further instructions.

Norwood Health Department: 781-762-1240

## COVID-19 Symptoms

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Fever



Cough



Shortness of  
breath



Symptoms may appear 2-14 days after exposure.

## If you develop COVID-19 Symptoms

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- Self-quarantine
- Call ahead to your doctor
- Cover your cough and sneeze
- Notify your local health department
- Wear a facemask
- Avoid others
- Avoid contact with those in your home including pets

## Information compiled from:



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