

Spring Break is a great time to **SPRING CLEAN**



Rappahannock County Public Schools is working collaboratively with local, federal and state health agencies to monitor the global concerns regarding the coronavirus, COVID-19. Although the Virginia Department of Education has been notified by the CDC and the Virginia Department of Health that there are currently no cases of COVID-19 in Virginia, we will continue to monitor the situation closely and adhere to the guidance provided by public health agencies. Out of abundant precaution and the occurrence of common viruses, such as flu and strep, RCPS will be conducting thorough sanitation of the schools and school buses over spring break.

Here are some helpful tips, provided by Linda Torrance, RCES School Nurse, to help you combat viruses, such as flu and strep, in your homes.

- Open windows to allow fresh air to circulate
- Replace toothbrushes regularly
- When vacuuming, be mindful to replace vacuum bag on a regular basis
- Wash winter clothing, including jackets, book bags, bed sheets, pillow cases, and stuffed animals

