

**TOWN OF DIGHTON**

Board of Health  
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March 12, 2020

To: Superintendent of Dighton Schools

From: Matthew Tanis, REHS/RS  
Board of Health

Re: COVID-19 recommendations

The Dighton Health Department is closely monitoring the rapidly evolving COVID-19 situation and is following CDC and MDPH guidance. It is important to take this now declared pandemic seriously, but not panic. As COVID-19 infections continue to rise within the Commonwealth and the Governor's declaration of a state of emergency, the Dighton Health Department is recommending the school department take the following precautions:

- 1) All work-related travel, both domestic and foreign be discontinued until further notice. Any personal travel to a level 2 or 3 country (China, Italy, South Korea, Iran, and Japan) be avoided. Additionally, any travel within the United States to areas heavily affected by the COVID-19 or other countries not designated at a level 2 or 3 be limited and upon return consider self-quarantine for 14 days before returning to work.
- 2) Any employee or student feeling sick and has a fever or flu-like symptoms should not report to school. Students and staff are encouraged to seek medical advice from their primary care provider or other medical facility staff to determine further if their illness is COVID-19 and when it is safe to return to work / school.
- 3) If any parent or household member of a student or staff member who is infected or suspected to be infected with the COVID-19, it is recommended that the student or staff member self-quarantine for 14 days to reduce the potential spread of infection.
- 4) In an effort to reduce potential transmission of the COVID-19, it is recommended that conferences and business meetings be held remotely. As parent – teacher conferences are soon approaching, the health department recommends that consideration be made to conduct these conferences remotely, either via phone or other communication tools.
- 5) It is recommended by MDPH and the CDC that large gatherings, events, and field trips be postponed until further notice. Based on this guidance and actions being taken on the state and federal level, the health department recommends that school assemblies with outside performers, large school events (including those held outside regular school hours), and field trips to places of mass gathering (museums, performing arts centers, highly populated areas, etc.) be postponed until further notice. It is also recommended that any large sporting event that would draw a large crowd of spectators be limited, or, proceed with the scheduled game, but limit public attendance.

- 6) The health department continues to remind everyone to continue to take personal precautions including proper self-care and hygiene such as washing hands, frequently cleaning touch points such as doorknobs and common area surface, and making cleaning products and sanitizers available throughout the schools.

Again, the COVID-19 situation is fluid and rapidly evolving. At this point, no recommendations are being made in regards to school closures or restrictions for travel during spring vacation. The situation will again be evaluated with the school administration on or around April 1 and further recommendations will be made at that time. Please don't hesitate to reach out to the Dighton Health Department if you have any questions and please visit the below websites for further guidance and information regarding the COVID-19.

<https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>

<https://www.cdc.gov/coronavirus/>