

To: All Residents and Parents of Wayland Public School Students  
From: Town Administrator and Board of Selectmen  
School Superintendent and School Committee  
Health Director and Board of Health  
Date: March 14, 2020, 4:00 pm  
Re: Guidelines During School Closure

The decision to close Wayland public schools is only one part of the broader public health attempt to slow the spread of the COVID-19 virus. We are learning new information daily and recognize varying sources may have conflicting information. Our guidance may change based on that information. Please check the Town's website regularly at [www.wayland.ma.us](http://www.wayland.ma.us).

**The Wayland Board of Health urgently reminds all parents and children that it is critical during this time that students and families refrain from group meetings and practice "social distancing".** We need all community members to do their part or the school closure will not be successful in limiting the spread of the virus.

Maintaining social distance is different than self-quarantine. Self-quarantine means remaining in your home. Social distancing means staying approximately 6 feet away from others. You may be able to go for a run, hike in the woods, play in the yard or driveway, have a Skype visit, but not have a group sleepover or multi-person playdate. We need families to make responsible decisions.

**While the schools are closed for two weeks, we strongly urge parents to supervise their children and ensure they are not participating in group activities.** Necessary life activities may be accomplished, e.g. grocery shopping, doctor's appointments. Large group gatherings are to be avoided at this time, in other words, **you should not attend any gathering where you cannot practice social distancing (approximately 6 feet between persons).**

Please refer to the CDC guidance on COVID-19 which we have copied below:

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the [signs and symptoms](#) of COVID-19 and what to do if symptomatic:
  - Stay home when you are sick
  - Call your health care provider's office in advance of a visit
  - Limit movement in the community
  - Limit visitors
- Know what additional measures those at [higher risk](#) and who are vulnerable should take.
- Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
- Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
  - Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
  - Establish ways to communicate with others (e.g., family, friends, co-workers).
  - Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
- Know about emergency operations plans for schools/workplaces of household members.

Full information can be found on the CDC website at:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

**We urge ALL residents to evaluate their own health** and determine if they are feeling mildly ill with a head cold, headache, cough and/or experiencing any CDC identified symptoms of COVID-19. If you are feeling any symptoms, we advise you to contact the Wayland Health Department at the Coronavirus Hotline 508-358-6805 and your primary care physician for guidance.

As always, additional information can be found on the Town's website at [www.wayland.ma.us](http://www.wayland.ma.us). General questions can be addressed to the Town Administrator's Office at 508-358-7701.