



Forbes Road Career & Technology Center

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To the Forbes Road CTC Community:

Forbes Road CTC wants to ensure our community that the health, safety and well-being of our students and staff are our top priorities. During this cold and flu season, the recent outbreak of Coronavirus (COVID – 19) is a development we are closely monitoring. Although there are some similarities between cold and flu symptoms and the Coronavirus, the importance of everyday preventative actions to help prevent the spread of ANY respiratory disease are recommended, including:

- Avoid close contact with individuals who are sick
- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing
- Use an alcohol-based hand sanitizer when available
- Cover mouth and nose with tissue or into elbow when sneezing or coughing
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

We will continue to monitor the situation but, in the meantime, all community members are urged to follow recommendations and updates as per the Centers for Disease Control and the World Health Organization.

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

<https://www.who.int/>

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