



# Clark Public Schools

365 Westfield Avenue • Clark, New Jersey 07066

**Edward Grande**  
*Superintendent of Schools*

Tel.: (732) 574-9600 x3392  
Fax: (732) 574-1456  
E-mail: [egrande@clarkschools.org](mailto:egrande@clarkschools.org)

## **Reminder of Some Good Health Practices as We Head into Spring Break Thursday, April 9, 2020**

- Practice social distancing, i.e., keeping a six-foot space between yourself and others. Students should not gather together on the spring break days. Doing so would not only put others at risk, but such a practice would be against the directive of both our Governor and President.
- Wear a cloth face covering when in public settings for which other social distancing measures are difficult to maintain, e.g., grocery stores and pharmacies, especially in areas with community-based transmission. Such a face covering does not replace social distancing but is another tool to reduce transmission.
- Follow good respiratory hygiene recommendations, i.e., cover coughs and sneezes with a tissue or sleeve, not your hands.
- Wash your hands with soap and water often. Use an alcohol-based hand sanitizer if soap and water are not available.
- Stay home if you are sick and avoid sick people.
- Review and follow Centers for Disease Control and Prevention (CDC) travel advisories when planning travel. If you become ill after returning home to the United States, call your healthcare provider before going to a doctor's office or the emergency department of a hospital. Wear a face covering/mask upon entering the building in order to protect other people.