



NAVIGATING THROUGH COVID-19

BSB IS COMMITTED TO CARING FOR THE HEALTH AND WELL-BEING OF OUR PARENTS & DANCERS

COVID-19 is a respiratory illness with symptoms that include shortness of breath, fever, and cough. While this information is reassuring, we understand that there are concerns about this new virus. We want to assure you that we are taking extra measures to keep our studio clean and sanitized and all of us safe. Our studio is cleaned every morning including wiping down all countertops, door knobs and bathrooms. We are now cleaning each studio after every class by wiping down the ballet barres, doorknobs and other objects that many come in contact with. As always we recommend that people stay home when sick, especially if fever is present, cover coughs, and sneezes, and practice good hand-washing hygiene. These recommendations are especially important during cold and flu season.



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Below are everyday actions you and your family can take to stay healthy:

- Sneeze and cough into your elbow or cover with a tissue. In other words, keep germs off your hands. Put used tissues in a wastebasket and then wash your hands.
 - Wash your hands frequently 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 (with at least 60% alcohol) if soap and water are not available.
 - Avoid touching your eyes, nose, or mouth. Germs spread that way.
 - Don't share personal items, including toothbrushes, towels, cups/glasses, utensils, etc.
 - Clean and disinfect objects and surfaces that are frequently touched, using a regular household cleaning spray or wipe following the instructions on the label.
 - Try to avoid close contact with sick people.
 - If your children get sick, please keep them home and limit contact with others. If your child is ill and has recently traveled to an area affected by COVID-19, or has been around someone who has been infected with COVID-19, contact your child's healthcare provider immediately.
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