

COVID-19: What to do if you get sick

Dear Students & Parents:

With the return to school, we always see an increase of sickness in children. Things like strep throat, colds, flu, etc. are easily passed from one child to another in any close environment. With the presence of Coronavirus, this upcoming cold & flu season will have unique challenges. It is inevitable that you/your child will catch *something* over the course of the next six months. Therefore, I want to be proactive in communicating what should be done, regarding piano lessons, if that should happen.

Unfortunately, Coronavirus symptoms look very much like the common cold and/or flu. It is difficult to discern what is ailing your child in the beginning. There will be some guesswork involved. But we do know that some symptoms will raise greater concern than others. With the studio waiting room being closed, and careful cleaning taking place between families, I am confident that there is very little chance that any illness will be passed from student to student. Therefore, the biggest concern will be passing things between student and teacher. In order to avoid that, here are some ways I would like to handle the inevitable onset of cold/flu symptoms:

- If your child has a cough, runny nose, etc – Please instruct them to wear a mask throughout their lesson (no matter what their age is). Discuss the importance of leaving it covering their mouth and nose.
- If your child is running a fever, or otherwise does not feel well enough to get through a lesson, the lesson will be cancelled, like we normally do.
- If your child, or anyone else in your household, is confirmed positive for Coronavirus, please quarantine for two weeks, until symptoms are gone, and/or until a re-test comes back negative. Lessons will be held online through Zoom during that time. Online lessons do require a bit of setup and preparation on my end and yours, so these arrangements will need to be made by noon on the day of the lesson. I will need you to *email* a

picture of the most recent page in their *Assignment Book*, as well as pictures of any workbook pages they have completed that week. Do not send this by text, as my cell phone service is not reliable at the studio.

rebecca@mountainvalleystudios.com I will then send an invite to the ZOOM meeting, and you will need to join the Zoom meeting waiting room at your lesson time.

Those students who did online lessons in March through May did a pretty good job with setting up the camera, so I can see their hands and the piano keyboard. If you are new, and need some tips on this, please let me know. Please note that the online lessons will be on ZOOM (not Skype).

- If Mrs. Brown is confirmed positive with Coronavirus, ALL piano lessons will be held through Zoom until she is no longer contagious.

Note: I highly recommend connecting directly to your router for online lessons. This will eliminate freezing, distorted audio/visual, etc. There are inexpensive adaptors that will enable you to do this whether you are on a laptop, a tablet, or a phone. (You should order this and a cable now, so you already have it if/when you need it. It will be helpful if you are doing school online, as well.)

Also, students age 8 and under will need to have a parent available for assistance at all times during an online piano lesson.

Thank you for continuing with piano lessons during this strange time. I believe that it is critically important to keep as much “normal” in our lives, and the lives of children, as possible. And I have been in awe, as I have watched students adapt and make exceptional progress at the piano during this time!

I miss getting to connect with parents face to face at the studio, however. I hope to be able to reopen the studio waiting room soon. Meanwhile, please do not hesitate to call, email, or text if there is ever anything you wish to discuss in regard to lessons. (Or even just to say Hi!)

Sincerely,

Rebecca Brown