



Date: Spring 2020 Dr.: Mary Mason, Founder and CEO

Welcome!

When Little Medical School became a reality in 2010, it was much more than simply starting a new business. It was the realization of a life-long journey to share my family's love of medicine and their desire to care for others. Today, we find ourselves in very unsettling and uncertain times with no one escaping the impact of COVID-19. We realize this is an especially difficult time for children as their normal routines are upended, they may be isolated from friends, and don't entirely grasp the meaning of a "pandemic."

The closure of schools and stay-at-home directives has impacted our ability to hold classes. Yet, we remain committed to educating students through on-line classes and videos to encourage health awareness. It's the simple things which can make a huge difference: proper hand washing, social distancing, and covering coughs/sneezes.

If there is any positive to be gleaned from these dark days, unlike any other period in our history, citizens are demanding to become more health aware. Likewise – healthcare workers (whether doctors, nurses, EMTs, ambulance drivers or anyone helping to keep hospitals running) are being recognized for their courageous and selfless dedication.

For additional information, we encourage you to visit the website of the Centers for Disease Control and Prevention, <u>CDC GOV</u>. Once there, please take advantage of CDC's email updates and **Resources for K-12 Schools and Childcare Programs** <u>CDC Schools and Childcare</u>.

Another great resource is offered by our friends at www.afterschoolalliance.org. Whether background info on the importance of after school programs or resources specific to COVID-19, please check it out.

We invite you to join us as we: Inspire young minds by sharing our passion for learning, health, and careers in medicine.

Sincerely, Dr. Mary Mason