

# *River Dell Regional School District*

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## OFFICE OF THE SUPERINTENDENT

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Dear Parent/ Guardian,

Due to the recent concerns regarding the 2019 Novel Coronavirus, the Centers for Disease Control and the NJ Department of Health have recently issued information listed below. We would like to share this information, as well as suggest strategies to avoid contracting and spreading illness.

How is the Coronavirus spread?

- Droplet infection; spread by infected persons when they sneeze or cough in the immediate area.
- Close personal contact- care taking, touching.
- Physical contact with objects or surfaces that have been contaminated by the virus. Transfer of virus when touching our faces, particularly by touching our mouth, nose, eyes.
- Physical contact with feces or stool.

Who is at risk?

- Travelers to and from affected areas of the world may be at increased risk. For current info go to <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Symptoms may appear from two to fourteen days after exposure to contracting the virus.

What to do?

- Handwashing. When soap and water and not readily available, hand sanitizer should be used.
- Avoid those who are sick.
- If you or a family member is sick, stay home from work or school. Students must be fever free for 24 hours, before returning to school.
- Do not touch face with unwashed hands.
- Cover mouth and nose when sneezing or coughing. Discard tissues in trash after use.
- Call your healthcare provider if you have any concerns.

For more information on the coronavirus:

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

What you need to know about the Coronavirus fact sheet:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

What to do if you are sick with coronavirus fact sheet:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Thank you,  
Your Certified School Nurses,  
Francesca Puleo RN - Middle School  
Kathryn Kreger RN - High School