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Dr. Frank Ranelli
Superintendent of Schools

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Dear Parents and Guardians:

In an ongoing effort to inform our community and **promote wellness** in our schools, we want to take this opportunity to share the preventative measures we take in our buildings during cold and flu season. We assure you that we are also monitoring information regarding the coronavirus, under guidance from the New Jersey Department of Health.

According to the New Jersey Department of Health, **there are no known cases of coronavirus in the state**, and the risk to the general public remains low. The Centers for Disease Control and Prevention (CDC) is working hard to better understand how this new virus spreads, and its associated illness. Because this virus, like other flus and viruses, is spread through person-to-person contact, special care should be taken to protect the very young, elderly, immunosuppressed, or those taking certain medications. You can find out more from the New Jersey Department of Health at www.nj.gov/health.

In our schools, nurses have reviewed good hand-washing techniques with students and staff, as they do every flu season. In addition, classrooms are cleaned and surfaces are disinfected daily.

What can you do to help protect yourself and your family during cold and flu season? The CDC recommends the following everyday preventive actions to help prevent the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick, and keep your children home from school when they are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

We will continue to monitor all information from the CDC and NJ Department of Health, as well as other resources, to promote wellness throughout the district.

Best regards,

Dr. Frank Ranelli
Superintendent of Schools