



NEW MILFORD PUBLIC SCHOOL DISTRICT
OFFICE OF HEALTH SERVICES

145 Madison Avenue
New Milford, NJ 07646
(201)-261-2952

Dear Parent/Guardian,

Due to the recent concerns regarding the 2019-nCoV (Novel Coronavirus), the Centers for Disease Control (CDC) and the NJ Department of Health have issued some important information listed below. In order to keep our students and community healthy and safe, we would like to share this information along with strategies to assist you in the avoidance of contracting and spreading illness.



What is a novel coronavirus and how does it spread?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- In rare cases, contact with feces (poop)

What are the symptoms and who is at risk?

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low and there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I stay healthy?

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of this and any virus including influenza (flu A & B) and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others. Remember, your child must be fever free for 24 hours prior to returning to school
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing

Lastly, if you have traveled to China in the past 14 days please contact the school to allow us to further follow CDC guidelines, or if you are traveling overseas (to China, but also elsewhere) follow the CDC's guidance at [wwwnc.cdc.gov/ travel](http://wwwnc.cdc.gov/travel).

For more information, go to: <https://www.nj.gov/health/cd/topics/ncov.shtml>

Follow the New Jersey Department of Health on Twitter@njdeptofhealth, Facebook/njdeptofhealth and Instagram@njdeptofhealth.

Thank you for your attention in this matter. Please do not hesitate to contact me with any additional questions.

Sincerely,

Lisa Natale BSN, RN, CSN
District Coordinator of Nursing Services
School Nurse New Milford High School
New Milford Public School District
New Milford, NJ 07646
(201)-261-2952 ext. 2002