REDBANK VALLEY SCHOOL DISTRICT

920 BROAD STREET
NEW BETHLEHEM, PA 16242

TELEPHONE 814-275-2426
FAX 814-275-2428
www.redbankvalley.net

Dear RVSD Parents and Guardians:

In recent weeks, we have heard and seen a great deal of information surrounding the novel coronavirus (COVID-19) and its spread in China, other countries including a handful of cases in the United States. According to the CDC, no cases have been identified in Pennsylvania.

The health and safety of your child is our highest priority. Due to the media attention, it is important for us to share basic information about the coronavirus and how the school district is prepared to address this flu-like virus.

There are everyday common hygiene practices you and your family can take to stay healthy. The same preventative measures used for the normal cold and flu should be applied.

- Get a flu shot.
- Avoid touching your eyes, nose and mouth.
- Wash hands regularly with soap and warm water for at least 20 seconds. Especially after using the restroom and before eating.
- Cover coughs and sneezes and wash hands afterwards.
- Clean and disinfect frequently touched objects and surfaces using regular household cleaning spray or wipes.
- Keep sick children home from school and limit their contact with others.

Symptoms of the coronavirus resemble the flu and include coughing, shortness of breath, and fever. If you are in doubt of your symptoms, please consult your medical provider.

The Redbank Valley School District is committed to the health and well-being of our students, staff, and families. Students reporting to the nurse's office will be assessed and appropriate steps will be taken. The nurse will follow-up with students who have been sent home to confirm diagnosis of their illness. The district will also be taking extra measures to clean and disinfect frequently touched objects and surfaces in the classrooms and buildings.

For the most current information regarding the coronavirus, you can visit the Centers for Disease Control and Prevention (CDC) website at https://www.cdc.gov/coronavirus/2019-ncov/index.html.

We will continue to work with information obtained from the CDC, PEMA, and the DOH to formulate and refine a plan if the affected areas migrate into Western Pennsylvania. Should any cases of coronavirus occur locally, the school district will be notified by the Department of Health. Likewise, if any concerns arise in our schools, we will share that information with the Health Department immediately.

Attached to this letter are reference documents to better inform you about the novel coronavirus (COVID-19).

Thank you,

John R. Mastillo

John R. Mastillo, Ed. D.

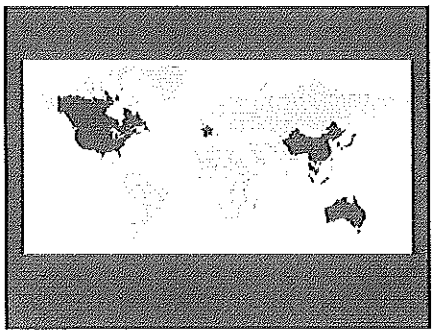
pennsylvania
DEPARTMENT OF HEALTH

CORONAVIRUS

BACKGROUND

Coronaviruses are a large family of viruses that are common throughout the world. These viruses can live in animals, such as camels, cats and bats, and at times, evolve and infect people, before spreading through human to human contact. Human coronaviruses spread just like the flu or a cold—through the air by coughing or sneezing; through close personal contact, like touching or shaking hands; by touching an object or surface with the viruses on it; and occasionally, through fecal contamination. This has occurred previously with the Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS) outbreaks.

WHO DOES THE ISSUE IMPACT?



People most at-risk of contracting a coronavirus are those who have traveled to places where the virus is occurring. In the case of the novel coronavirus, that location is China, and particularly the Wuhan area and the Hubei province.

WHAT ARE WE DOING?

The department frequently exercises and prepares for a potential infectious disease outbreak. We have been monitoring the novel coronavirus (COVID-19) outbreak in China using information from our federal and local partners and are preparing our response teams in case of an outbreak here. We have talked with health care partners about the potential spread of the coronavirus into the United States and how they will work with public health to evaluate potential cases.

WHAT ARE THE SYMPTOMS?

Symptoms of the COVID-19 can include:

- Fever
- Cough
- Shortness of breath

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

WHAT CAN YOU DO?

- **Cover** any coughs or sneezes with your elbow, do not use your hands!
- **Clean** surfaces frequently, such as countertops, light switches, cell phones and other frequently touched areas. Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- **Contain-** if you are sick, stay home until you are feeling better.

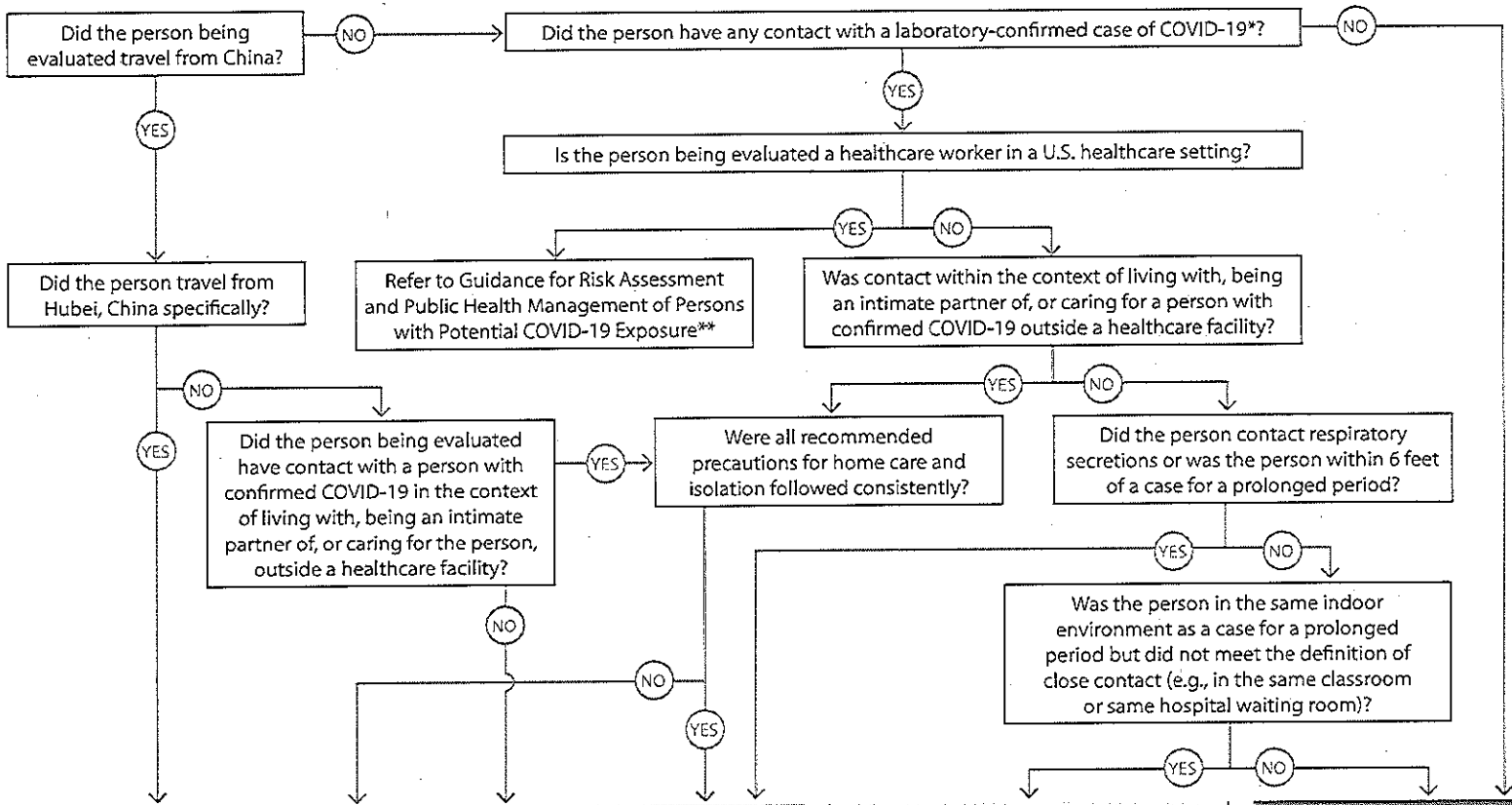
RESOURCES FOR MORE INFORMATION

For more information, visit https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx
The latest information on the coronavirus in the U.S. and worldwide can be found on the CDC website
Additional information from the CDC on what to do if you are sick can be found here

Date Updated: 2/11/2020
Date Created: 1/27/2020

Coronavirus Disease 2019 (COVID-19) Risk Assessment and Public Health Management Decision Making *Each question refers to within the past 14 days*

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



	High Risk	Medium Risk	Low Risk	No identifiable risk
Actions for people without symptoms consistent with COVID-19	Remain under quarantine authority; no public activities; daily active monitoring; controlled travel	Stay home; active monitoring or self-monitoring with public health supervision; recommend to not travel	Self observation	None
Actions for people with symptoms consistent with COVID-19	Immediate isolation; medical evaluation guided by PUI definition; pre-notify healthcare services; controlled travel	Immediate isolation; medical evaluation guided by PUI definition; pre-notify healthcare services; controlled travel	Stay home from work or school, avoid contact with others, don't travel. Seek health advice	None; routine medical care

These examples may not cover all potential exposures to laboratory confirmed case of COVID-19. If you are concerned about an exposure that does not align with these categories, please contact the CDC Emergency Operations Center at 1-770-488-7100.

*Or a case diagnosed clinically with COVID-19 infection outside of the United States who did not have laboratory testing
**Healthcare provider (HCP) guidance outlines risk categories to determine work exclusion and monitoring procedures. After identifying risk category in the HCP guidance, use the categories outlined here to determine quarantine requirements.

02/26/20

COVID 19 CORONAVIRUS DISEASE

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- 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.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you 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.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: **www.cdc.gov/COVID19**

CS 314037-A 02/21/2020

COVID 19
CORONAVIRUS DISEASE

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: **www.cdc.gov/COVID19**

CS314037-D 02/24/2020