



Dear Schalmont Parents, Staff, and Community,

We're closely tracking the spread and impacts of the coronavirus disease 2019 (COVID-19) around the world and here in the US and within the Counties.

The school district has regular daily cleaning protocols and has been implementing a more rigorous regimen to ensure that we minimize the spread of viruses and a variety of other illnesses. There are a number of steps that students, staff and community members can take to minimize the spread of all respiratory illnesses, including COVID-19, according to the state Department of Health:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Heavily soiled hands should be washed.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.

Confirmed cases in the US are still extremely low and, as of today, the [Centers for Disease Control and Prevention \(CDC\)](#) considers the risk to the general American public to be low. Although the risk is low, please ensure you are following regular updates from your local health authority, the CDC, and the World Health Organization (WHO). Advice for the public from the WHO can be found [here](#).

WHO recommends everyone to take any instance of fever, cough, or difficulty breathing more seriously than you would at other times. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and **call in advance**. In our community please call the

- Schenectady County Department of Public Health at 518-386-2824 on the web at [schenectadycounty.com/publichealth](https://www.schenectadycounty.com/publichealth).
- Montgomery County Public Health at [518-853-3531](https://www.montgomerycountypa.gov/health)
- Albany –County Department of Health at 518-447-4580 or via the web at <https://www.albanycounty.com/departments/health>

In addition, New York State has established a Novel Coronavirus Hotline at 1-888-364-3065, staffed by the NYS Department of Health, to answer questions about COVID-19. The hotline is available daily from 9 a.m. to 8 p.m.

If you or your family have **traveled to a destination outside the United States, especially high risk areas, such as China, Iran, Italy, Japan, or South Korea in the last two weeks, or if you have had contact with visitors or family that traveled**, we urge you to please report that travel or any planned travel to the Schalmont School nurse 518-355-8720 ext. 3041, and take the recommended precautionary measures listed above.

Schalmont CSD is actively engaged with infectious disease experts, government agencies, and other organizations to improve our readiness.

For consolidated information and resources regarding COVID-19, visit our [blog](#) to learn more. We will continue to provide additional updates and resources as this situation evolves.

We appreciate everyone's support in keeping yourselves and Schalmont healthy.

Respectfully,

Carol Pallas

Superintendent

Schalmont Central School District