

# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

## Health Office

P.O. Box 4170, Middletown, New Jersey 07748

[www.middletownk12.org](http://www.middletownk12.org)

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Dear School Community,

The Novel, meaning new, coronavirus is a virus strain that has only spread in people since December 2019. This virus has made its way to the United States from China and is being closely monitored by the Center for Disease Control (CDC) and health departments. The Middletown School District is dedicated to promoting the health and safety of our students, staff and community. Therefore, we would like to share some information, including preventative measures, regarding Novel Coronavirus.

The following information has been released by the New Jersey Department of Health (NJ DOH) and the New Jersey Communicable Diseases Service: [Frequently Asked Questions about Novel Coronavirus](#) and [Novel Coronavirus 2019 \(2019-nCoV\) Information for K-12 Schools](#). You can also visit the [CDC Website](#) and the [NJ DOH](#) for further information.

Prevention is always key when it comes to communicable diseases. So, what can you do to help decrease the risk of getting infected with Novel Coronavirus?

- If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at [CDC Travel](#)
- Currently, the novel coronavirus has **not** been spreading widely in the United States, so there are no additional precautions recommended for the general public. However, the steps that you take to prevent the spread of flu and the common cold can also help prevent coronavirus:
  1. Wash your hands with soap and water. Hand sanitizer should be used if soap and water is not available.
  2. Avoid touching your eyes, nose, or mouth with unwashed hands.
  3. Avoid contact with people who are sick.
  4. Stay home while you are sick and avoid contact with others.
  5. Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

The District is adhering to the NJ Department of Health's recommendations for daily cleaning and sanitizing of surfaces in classrooms and common spaces.

Stay healthy,  
Cathy Grano and Eileen Gavin  
Lead Nurses of Middletown Schools