



Bernards Township School District

November 22, 2020

Dear Parents/Guardians and Staff Members,

The health and safety of our school students and district staff is our top priority. To that end, this letter is to inform all district families and staff members that a probable case investigation of the Coronavirus Disease is currently underway. A probable case is an individual who has symptoms associated with COVID-19 and/or has had close contact with a confirmed positive case of COVID-19. The District is coordinating closely with public health officials and following CDC, state, and local health department guidance in order to assure the health and safety of our community. Cleaning and disinfecting of any exposed areas will be conducted as needed.

The probable case being investigated is at Ridge High School. Separate communications have already been issued to anyone identified as a close contact of the probable case. Those close contacts are quarantining for the time being and will be advised further once a final determination is made in the investigation - typically this is based on the outcome of test results. Further communication, pursuant to local health department guidance, will only be issued if there is a need to close schools or suspend in-school instruction.

We understand the level of concern regarding COVID-19. We encourage parents, students, and staff to continue following the Centers for Disease Control & Prevention promoted safeguards, such as:

- Staying home when you are sick
- Washing hands often with soap for at least 20 seconds
- Covering coughs and sneezes and properly disposing of tissues
- Limiting close contact with people who are sick and not sharing food, drinks and utensils
- Practicing social distancing (staying at least 6 feet apart)
- Wearing a face covering
- Continuing to monitor your health for symptoms.

As always, we appreciate our community's support and cooperation. You can assist us by remaining vigilant but sensible in your approach to dealing with this health concern. The following page of this message provides additional resources that you might find helpful. **If you have any questions or wish to discuss any health concerns, please contact your doctor, school nurse or your local health department.**

Bernards Township Health Department: <http://www.bernardshealth.org/>

262 South Finley Avenue, Basking Ridge, NJ 07920

P: 908-204-2520 Police Dispatch After-Hours: 908- 766-1122

F: 908-204-3075

health@bernards.org

Nick Markarian
Superintendent

Rita Zarabara, RN
Nursing Coordinator

Dr. Russell Lazovick
Principal

Resources:

a. NJDOH COVID-19 Information for Communities and the General Public:

https://www.nj.gov/health/cd/topics/covid2019_community.shtml

b. Get the Facts about Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

c. Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptomstesting/symptoms.html>

d. Testing: <https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>
<https://covid19.nj.gov/pages/testing>

e. How to Protect Yourself:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-gettingsick/prevention.html>

f. What to Do if You Are Sick:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/stepswhen-sick.html>

g. Bernards Township School District COVID-19 FAQ:

<https://docs.google.com/document/d/19gDwY1p5rtEWBcU5BFcCA5SYf8kafDtFRoqW8v2gXxo/edit>

Information about this disease:

The CDC has stated that the COVID-19 virus is thought to spread mainly from person to person, between people who are in close contact with one another (within about 6 feet) for 10 minutes or more. The virus spreads through respiratory droplets produced when an infected person coughs, sneezes, or talks; these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.

Symptoms of COVID-19:

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms may include the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Strategies to help combat the disease:

- Washing hands often
- Avoiding close contact
- Covering mouth and nose with a cloth face cover when around others
- Covering coughs and sneezes
- Cleaning and disinfecting frequently touched surfaces daily
- Monitoring your health daily

What we are doing:

- Monitoring the health of our school community
- Prioritizing social distancing
- Wearing face coverings and promoting hand washing and good hygiene
- Clean and disinfect our school buildings as per CDC Guidelines.
- We have been in touch with the Bernards Township Health Department and will follow their lead on providing notification and contact tracing. You may be contacted by health department officials.

What you can do at home:

- Stay home when sick
- Practice routine cleaning and disinfecting of frequently touched surfaces
- Wash hands often; use a hand sanitizer that contains at least 60% alcohol if soap and water are not readily available and hands are not visibly dirty
- Wear a face covering when you go out
- Keep 6 feet of distance between you and others
- If you or your child has any symptoms of this disease, call your doctor to find out what to do.
- Talk to your doctor about this notice.
- Consider testing. Testing helps public health officials identify if others are at risk of being exposed to the virus.
- If you do not have a regular doctor to care for your child or yourself, contact your local health department for instructions on how to find a doctor.