JOSHUA A. POTOSEK, MBA
COUNTY MANAGER

JOHN LIDDLE
DEPUTY COUNTY MANAGER

COUNTY CATSKILLS

Mountains of Opportunities

COUNTY OF SULLIVAN
COUNTY MANAGER'S OFFICE
SULLIVAN COUNTY GOVERNMENT CENTER
100 NORTH STREET
PO BOX 5012
MONTICELLO, NY 12701

Dear Student,

You may have heard of a new virus called the coronavirus that is making people sick. Coronavirus is a lot like the flu. People who get it usually have a fever, cough, and find it hard to breathe.

It is very easy to spread coronavirus from person to person. The good news is that, if you get it, you are not likely to get very sick. But, if you are not careful, you can pass it along to your friends and family without even knowing it. Older adults – like grandmas and grandpas – are the most likely to get very sick from the coronavirus.

YOU can play a role in keeping your friends and family safe and healthy. Here are six easy actions you can take:
1. Wash your hands often, especially after using the bathroom and before eating. Good handwashing takes 20 second, using soap and hot water. You can sing the Happy Birthday song to measure 20 seconds. Don't forget to wash your fingertips and thumbs.
2. Cover your coughs and sneezes with a tissue and then throw the tissue away. If you don't have a tissue, cough or sneeze into your arm.
3. Do not touch your eyes, mouth, or nose without washing your hands first. Touching your face with dirty hands is how you get sick.
4. Clean the surfaces you touch a lot - like tables and doorknobs - with a cleaning spray or wipe once a day.
5. When you can, stay two arms lengths away from people to be sure you are not spreading germs.
6. If you do not feel well, stay home and rest until you feel better.

Doctors and scientists around the world are trying to find new ways to keep people from getting coronavirus and help people who do get it to feel better. Thank you for doing your part to keep the people you love safe and healthy!

Sincerely,

Joshua Potosek
Sullivan County Manager

JOSHUA A. POTOSEK, MBA
COUNTY MANAGER

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DEPUTY COUNTY MANAGER

TEL. 845-807-0450
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Dear Student:

At the end of 2019, a new type of virus called the novel coronavirus began to make people around the world sick with flu-like symptoms. The illness caused by the novel coronavirus is known as coronavirus disease, or COVID-19 for short.

COVID-19 has made its way to our country and people in our community are starting to get sick. COVID-19 is spread by inhaling droplets released when an infected individual coughs or sneezes. It can also be spread by touching a surface with these pathogens on them. The main symptoms of COVID-19 are fever, cough, and difficulty breathing. However, many people with COVID-19 have no symptoms at all. This is why we see it spreading rapidly across the country and around the world. While 80% of people with COVID-19 have mild symptoms and recover, the illness can be serious in patients that are elderly or have other health conditions like asthma or diabetes.

Everyone has a role to play in slowing the spread of the coronavirus. If we are successful in slowing the spread, or "flattening the curve," then fewer people will need treatment at the same time, and our hospitals and public health nurses will be able to provide care to everyone who needs it. I know your parents have been asking you to follow new rules to avoid getting sick. I wanted to share with you the best way to protect yourself and your family are:

- *Staying home and away from others as much as possible.* When you do go out, try to stay six feet away from other people. Even if you do not feel sick, you may have the virus and can spread it to other people.
- *Avoid people who are visibly sick.* While it is possible to spread coronavirus without showing symptoms, people are most contagious when they are coughing, sneezing, or have a fever.
- *Wash your hands well and often.* You should wash your hands every time you use the restroom and before you eat. Good handwashing takes at least 20 seconds with soap and water.
- *Do not touch your eyes, nose, or mouth.* Touching your face can significantly increase your chances of getting infected with the coronavirus or seasonal flu.
- *Clean surfaces and objects you touch often* – such as phones, computers, and doorknobs – with a household cleaner or wipe at least once a day.

My top priority as your County Executive is to make sure you and your neighbors are safe and healthy. Thank you for doing your part to #StopTheSpread of coronavirus in our community.

Sincerely,

Joshua Potosek
Sullivan County Manager