

ROCKWOOD AREA SCHOOL DISTRICT

OFFICE OF THE SUPERINTENDENT

439 SOMERSET AVENUE
ROCKWOOD, PENNSYLVANIA 15557

March 6, 2020

TELEPHONE (814) 926-4688

Dear Parents and Guardians,

In the Rockwood Area School District the health, safety and well-being of our students and staff are our top priorities. With the recently elevated discussion regarding the coronavirus disease (COVID-19) in the news, we want to take a moment to reinforce preventive safety measures and reference our process and communications.

First, it is important to remember that at this time, there have only been a small number of confirmed cases of coronavirus in the United States. As a school district, we are closely monitoring the situation and taking guidance from the Pennsylvania Department of Health and the U.S. Centers for Disease Control and Prevention (CDC). There is currently no recommendation to close schools in the United States.

We encourage our students, staff and families to be mindful of key preventive measures. We continue to regularly clean and disinfect areas and items likely to have frequent hand contact. We all play a role in reducing the likelihood of a coronavirus outbreak in our school district community. We encourage everyone to practice good habits, including:

- Wash your hands regularly, especially after using the restroom and before preparing or consuming food. Using soap and hot water, wash for about 20 seconds. Be sure to also wash your fingertips.
- Avoid coughing or sneezing into your hands or in the air. Always try to cough or sneeze into a tissue, and then throw the tissue away. If you don't have a tissue, cough/sneeze into your arm.
- As much as you can, avoid touching your eyes, mouth and nose.
- In addition, please remember that if children are sick, they should not be at school. Students need to be fever-free for 24 hours before returning to class after any illness. Please refer to the health guidelines outlined on our district website. Keeping children home when they are sick is critical to prevention.

The CDC and PA Department of Health offer tips and additional information on their websites that can be useful in avoiding the spread of this and other illnesses. Included with this letter are information sheets from the PADOH and CDC.

If you have any questions, please do not hesitate to contact the school nurse, the building principal, or myself at 926-4688.

Sincerely,



Mark R. Bower
Superintendent

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](#)

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?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

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 is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. 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?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- 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 from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. 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 take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

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.

