

# Franklin Borough School

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Dear Franklin Borough School Families:

According to the Centers for Disease Control and Prevention, the Coronavirus Disease 2019 (COVID-19) and how it spreads is based on what is known about similar coronaviruses. The virus is thought to spread mainly from **person-to-person**:

- 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

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It 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.

**Symptoms** may appear **2-14 days after exposure\***:

- Fever
- Cough
- Shortness of breath

## Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.

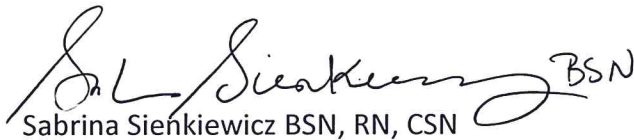
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For the most up-to-date information from CDC, you may use the link below:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Feel free to contact me in the Health Office at Franklin Borough School by calling 973-827-9775 ext. 7219 or via email at [ssienkiewicz@fboe.org](mailto:ssienkiewicz@fboe.org) if you have questions regarding the above.

Regards,



Sabrina Sienkiewicz BSN, RN, CSN

Franklin Borough School Health Office