



March 5, 2020

Dear Ridgewood School Community,

In collaboration with local and state agencies, we are monitoring the emerging situation concerning the Novel Coronavirus (COVID-19). According to the Centers for Disease Control (CDC), the immediate health risk to the general U.S. public is considered low at this time. The district is continuing to follow a standard plan of action to help reduce the spread of respiratory illness, including COVID-19 and the flu. Additionally, we are reviewing procedures and guidelines regarding the control of communicable disease to ensure that we have a comprehensive plan should an outbreak occur in our region.

To keep the school community informed, we have been providing regular updates on COVID-19. These updates, along with helpful resources, are posted on the Health Notices page of the district website. Several resources offer specific advice about talking with children and coping with stress during infectious disease outbreaks. One important document that I highly recommend for parents is *Talking to Children about COVID-19 – A Parent Resource*. To access the Health Notices page, click [here](#) or go to Public Information/Health Notices from the district homepage.

Basic preventive measures can be practiced by us all to help reduce the spread of any respiratory illness such as COVID-19. Following are recommendations from the New Jersey Department of Health (NJDOH).

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose, and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home if you're sick, especially with a fever.
- Get a flu shot – it is not too late to be protected!

Additionally, we continue with our cleaning procedures, as outlined in previous correspondence.

The NJDOH has established a 24-hour hotline (800-222-1222) and an email address NCOV@DOH.NJ.GOV for questions about COVID-19.

At this time, the CDC recommends avoiding nonessential travel to some countries, and travel within the United States is not restricted. To see the most up-to-date travel alerts, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

If your child is experiencing anxiety around COVID-19, please reach out to a school counselor for assistance. While we must prepare for any situation, our goal is to maintain a safe and productive learning environment for our students. Be well!

Sincerely,

Daniel Fishbein, Ed.D
Superintendent of Schools

