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Dear Middletown City School District Families,

While Middletown City School District does not have a confirmed case of the coronavirus disease 2019 (COVID-19), the District is aware some of our families have concerns about the spread of COVID-19 into our communities. I want to assure you the District is closely monitoring the situation and evaluating our response. We follow guidelines set forth by the NYS Department of Health, Orange County Department of Health and the Centers for Disease Control & Prevention.

The District has infectious disease protocols in place to help minimize the spread of any virus or illness. Custodial staff are taking the necessary precautions to ensure all our buildings are appropriately disinfected. The quaternary disinfectant we use is effective against the Coronavirus and is approved for use in schools by the U.S. Environmental Protection Agency. Our proactive approach is consistent across our schools. As always, the health and safety of our students and staff is our paramount concern.

There is currently no vaccine available to protect against COVID-19. The NYS Department of Health has put several recommendations in place to minimize the spread of all respiratory viruses, including COVID-19:

- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Contact your healthcare provider if you begin to show symptoms.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.
- CDC recommends travelers avoid all travel to China, Iran, Italy, Japan and South Korea.

I have included several links at the bottom of this letter for your consideration. As you may have already learned, experts continue to urge following best practices for health and hygiene, which are outlined above.

Be assured you will be notified immediately should I receive any credible information which may impact the health and safety of our school community.

Regards,

*Richard Del Moro*, Superintendent of Schools

## Coronavirus Guidance & Resources

[Novel Coronavirus \(COVID-19\) ~ New York State Department of Health](#)

[New York State Center for School Health Main Page](#)

[Center for Disease Control - 2019-nCoV Main Page](#)

[Center for Disease Control \(CDC\) Travel: Frequently Asked Questions and Answers](#) - *updated daily*

[Center for Disease Control - COVID-19: Frequently Asked Questions \(FAQs\)](#)

[Center for Disease Control - Prevention, Treatment of Coronavirus Disease 2019 \(COVID-19\)](#)

[Healthy Children Coronavirus - American Academy of Pediatrics](#)

[Orange County Health Department](#)

In addition, New York State has established a **Novel Coronavirus Hotline**, which can provide additional information: **1-888-364-3065**.

## General Wellness Reminders

### Important Steps to Take if Your Child is Sick

Should I send my child to school today? This is a challenging question which arises whenever your child is not feeling 100%. It is difficult to create a definitive policy covering all possibilities. The goal is to serve both the child's best interests as well as those of the rest of the school community.

### Key Considerations

- Is your child well enough to pay attention, learn, and participate in school activities? If he/she is more tired than usual, persistently coughing, has a constantly runny nose or eye, or is in pain most likely the answer is "no".
- Does your child have an illness which may spread within the school setting?
- Younger elementary school children are less reliable with hand washing and routinely covering their mouths when coughing or sneezing.
- Fever is almost always a sign of acute infection and likely contagiousness, and therefore a reason to stay home.

### From the American Academy of Pediatrics

Parents often face the difficult decision of whether to keep a child home from school. Experts advise sending a child to school only if he or she is well enough to learn. This means the child's symptoms do not disrupt his or her ability to concentrate in class and do not distract classmates.

Symptoms that may warrant a day at home or visit to the doctor include:

- Persistent fever: Oral temperature  $>100.4^{\circ}$  Fahrenheit.
- Severe sore throat, especially when accompanied by a fever.
- A significant rash, particularly when other symptoms, such as fever, are present.
- Persistent nasal discharge, particularly if greenish or yellowish.
- Severe ear pain.
- A persistent or uncontrolled cough.
- Vomiting and/or diarrhea.
- Severe headache, especially with a fever.

Children should return to school after symptoms are gone for at least 24 hours.

If you have questions or concerns regarding any of the information below, please reach out to your school's nurse or building principal.

### **School Health Office Numbers:**

Middletown High School - (845) 326-1590

Monhagen Middle School - (845) 326-1677

Twin Towers Middle School - (845) 326-1638

Maple Hill Elementary School - (845) 326-1735

Maple Hill Annex at Truman Moon - (845) 326-1775

Presidential Park Elementary School - (845) 326-1860

William A. Carter Elementary School - (845) 326-1724