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Dear Parents/Guardians,

March 10, 2020

I would like to give you an update on what Center for Spectrum Services is doing to prepare for the possibility of a Coronavirus (COVID-19) spread in our school communities. We are taking special precautions to help stop the spread of germs and making sure our administrative teams and school nurses are informed and prepared should we need to take further measures. At this time, there is one positive case of COVID-19 in Ulster County.

Decisions on mandated school closings for CSS in both Kingston and Ellenville will be made by the Ulster County Health Department. Local health departments will contact schools if a suspected or known COVID-19 case emerges.

CSS representatives participate in a daily phone conference with representatives of both the Ulster County Health Department and the County Executive's office. We will continue to monitor and provide the most accurate updates as the information becomes available. Information will be sent via letters in the homebooks and through school messenger; all information will be posted on our website under *Parent Info – Important Messages*. We will continue to work diligently on preventive measures. At Center for Spectrum Services we are also taking the following steps to keep our students and staff safe:

- Custodial staff is stepping up efforts to clean classrooms and disinfect high-touch areas, including: desks, door knobs and bathrooms.
- Soap dispensers are monitored to be sure they always have soap.
- Signs on proper hand washing are posted in bathrooms.
- Hand sanitizer is available throughout our school buildings.
- Clorox and/or Lysol type wipes will be used in classrooms. Please let your Family Service Coordinator know if your child is allergic to these.

Preventive measures for families:

- Stay home if you are sick and do not send your student to school if he/she is feeling sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands and your child's hands often with soap and water for at least 20 seconds. Remember to make handwashing a healthy habit at home and at play!
- Cover your cough or sneezes with a tissue. Use your elbow only if you have to.
- Clean and disinfect high-touch objects and surfaces including: cell phones, steering wheel, and gaming consoles.
- Use "elbow bumps" or another method of greeting people instead of shaking hands.
- Use only your knuckle to touch light switches, elevator buttons etc.
- Lift gasoline dispensers with a paper towel or use a disposable glove.
- Open doors with your closed fist or hip – do not grasp the handle with your hand unless there is no other way to open the door.
- Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

In order to further help prevent the spread of all illnesses during this time, we will be sending home any student who has a fever of 100° or higher. If your child's base temperature is higher than 98.6°, we will need a note from your child's physician confirming this information. Please be sure we have current emergency contact information, including a secondary contact. If we need to send your child home, they must be picked up in a timely manner. Transportation arrangements and childcare plans should be made now so you are prepared if this happens.

If you or a family member begin showing symptoms of a respiratory disease and suspect it may be COVID-19, contact your healthcare provider or local health department. Before going to your healthcare provider's office, inform them that a case of COVID-19 is suspected, and follow their advice.

In addition, New York has established a Novel Coronavirus Hotline, which can provide additional information. Call 1-888-364-3065 with questions or concerns about travel and symptoms.

I assure you we are committed to communicating with our families, educating about prevention measures, and providing a safe and healthy learning environment.

Sincerely,

Susan Buckler
Administrative Director

Our students come from many local counties. Additional Information is available on the websites below:

<https://ulstercountyny.gov/coronavirus>

<https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm>

<https://www.orangecountygov.com/1906/2019-Novel-Coronavirus-Information>

<https://www.greenegovernment.com/departments/public-health>

<https://www.orangecountygov.com/1906/2019-Novel-Coronavirus-Information>

<http://sullivanyny.us/departments/publichealth/coronavirus>

Families are also encouraged to follow the CDC's information for travel, available at

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

For more information, consider consulting these additional resources:

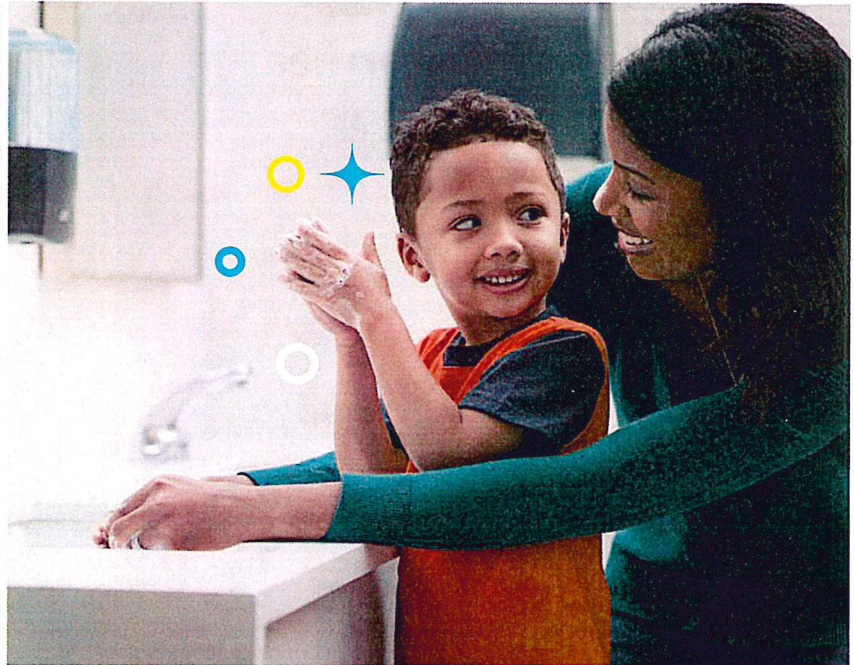
- Novel Coronavirus (COVID-19)
<https://www.health.ny.gov/diseases/communicable/coronavirus/>
- COVID-19: What is Stigma and What Causes It?
https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-%20ncov%2Fstigma-faq.html
- Coronavirus Disease 2019 (COVID-19) - Frequently Asked Questions - Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#prevention>
- Prevention, Treatment of Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.



Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

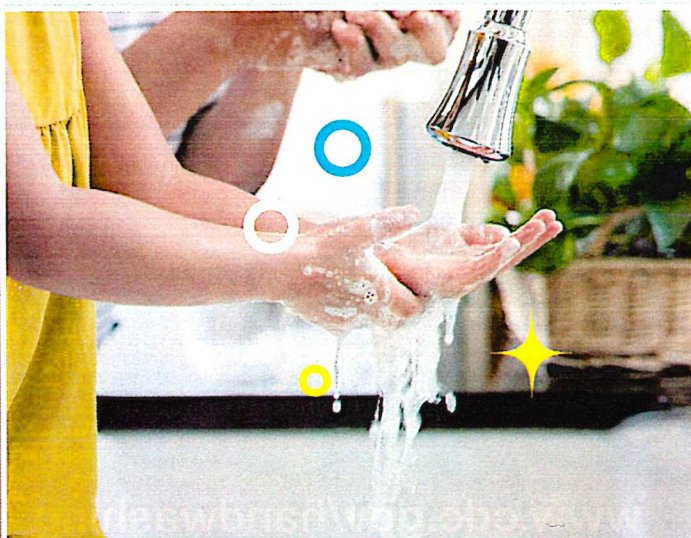
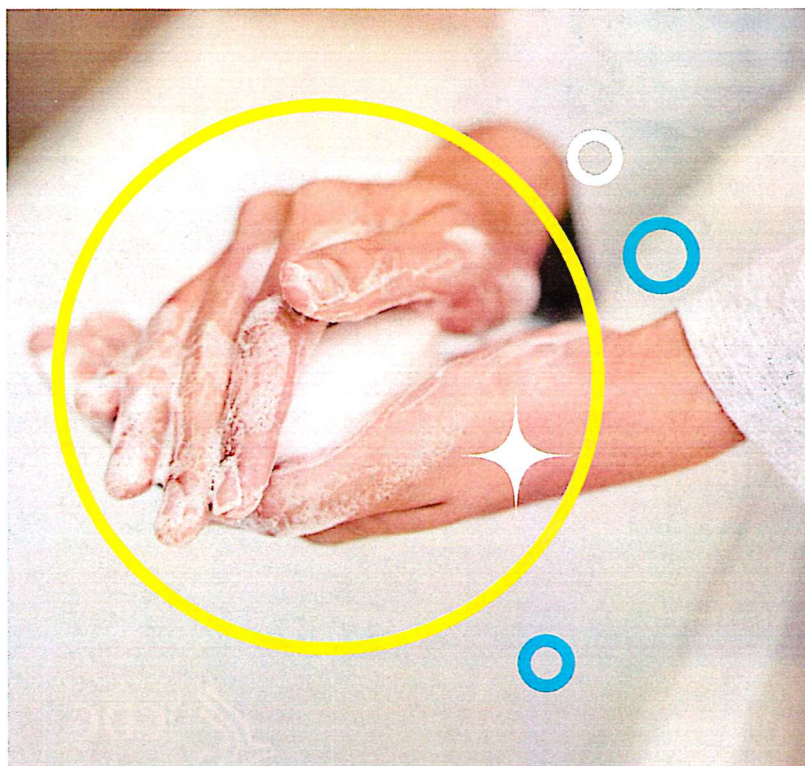
Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

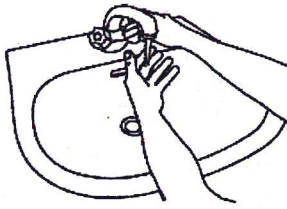
Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

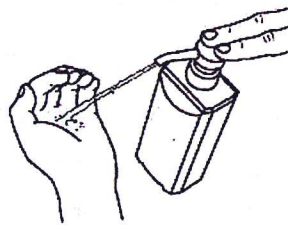
PROPER HANDWASHING TECHNIQUES

1



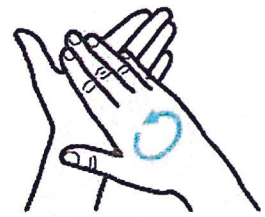
Wet hands with water

2



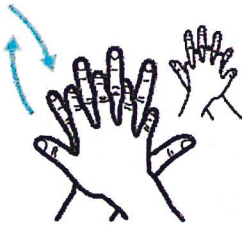
Apply enough soap to cover all hand surfaces

3



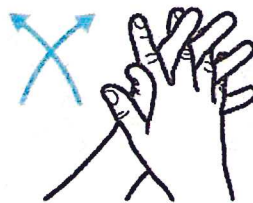
Rub hands palm to palm

4



Right palm over left dorsum with interlaced fingers and vice versa

5



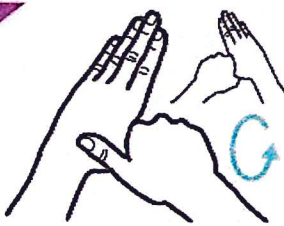
Palm to palm with fingers interlaced

6



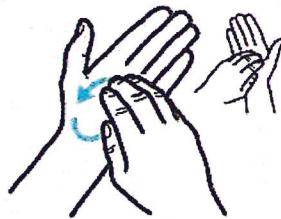
Backs of fingers to opposing palms with fingers interlocked

7



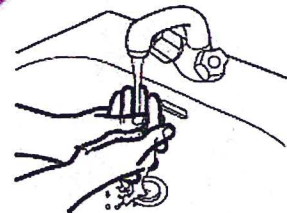
Rotational rubbing of left thumb clasped in right palm and vice versa

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9



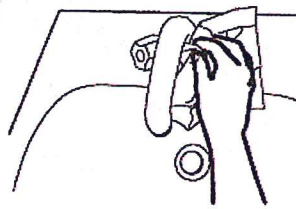
Rinse hands with water

10



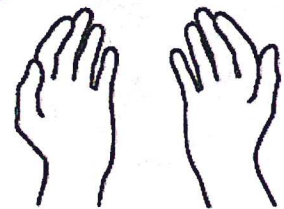
Dry hands thoroughly with a single use towel

11



Use towel to turn off faucet

12



Your hands are now safe

Washing hands prevents illnesses and spread of infections to others

Handwashing with soap removes germs from hands. This helps prevent infections because:

People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.

Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.

Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.

Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

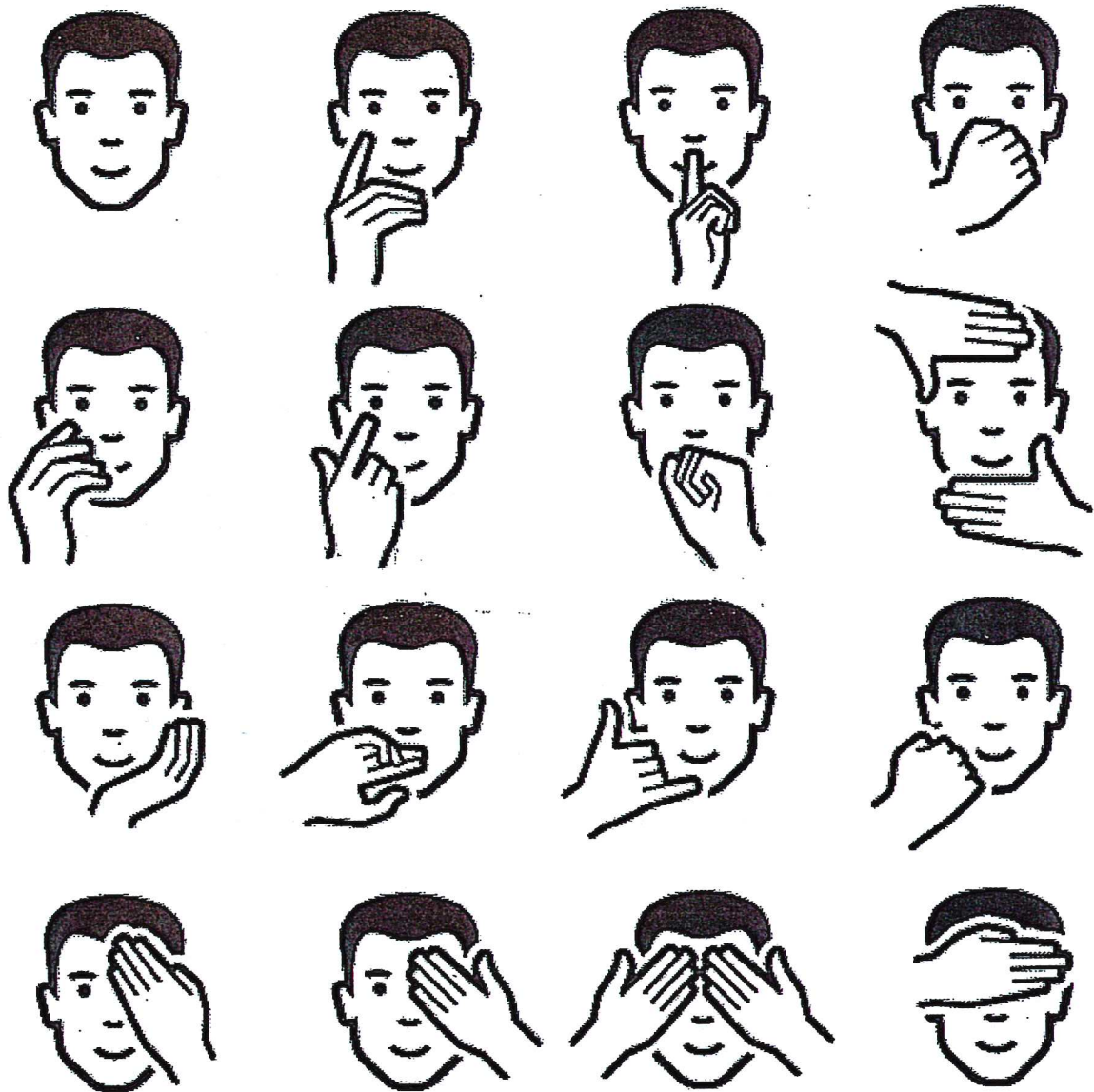
Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

Reduces the number of people who get sick with diarrhea by 23-40%

Reduces diarrheal illness in people with weakened immune systems by 58%

Reduces respiratory illnesses, like colds, in the general population by 16-21%

Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57%



Don't Touch Your Face

To help prevent infections, keep your hands away from your eyes, nose, and mouth. Why? Touching the mucous membranes on your face with your dirty hands allows germs that cause respiratory infections to enter the body.

Why is not touching your face so important?

It is estimated that people touch their faces about 23 times per hour! Respiratory infections can be caused by many different bacteria, viruses, and other disease-causing germs. When you touch your face germs can take up residence in your mucous membranes which can lead to an infection.

How are respiratory infections spread?

Respiratory infections, like pneumonia or the flu, can spread through droplets in the air when a sick person coughs, sneezes, or talks near you. Respiratory infections can also spread by direct contact with bacteria, viruses, and other disease-causing germs. When we touch people who are sick, or touch dirty surfaces, we contaminate our hands with germs. We can then infect ourselves with those germs by touching our face.