



Cougar Courier

EAST AMWELL TOWNSHIP SCHOOL



SPECIAL NOTICE:

Novel Coronavirus 2019 (2019-nCoV)

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There are many in our community that are concerned about how the current outbreak of the 2019 Novel Coronavirus in Asia will impact us. As of February 3rd, there are 11 cases of the virus in 4 US states, none in New Jersey. There are another 82 people in 36 states being tested for the virus.

What is the difference between seasonal and novel coronavirus?

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses, in general, are not new, they are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives. The type of coronavirus that has recently emerged in Wuhan, China is a new type of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it).

What are common symptoms of 2019-nCoV?

Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.

How is 2019-nCoV spread?

At this time, it's unclear how easily or sustainably this virus is spreading between people. Chinese officials report that sustained person-to-person spread in the community is occurring in China. Person to person spread in the United States has occurred only once so far (from wife to husband), and it's likely to occur to some extent. Cases in healthcare settings, like hospitals, may also occur.

How is 2019-nCoV treated?

Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.



What preventive measures should you take to help reduce the spread of respiratory illness?

Follow these steps that prevent the transmission of respiratory infections:

- 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.
- Avoid people who are sick.
- Clean and disinfect frequently touched surfaces and objects.
- Get a flu shot - it's not too late to be protected!

If a person traveled to China in the last 14 days, or if you have been exposed to someone who has, and are sick with fever, cough or difficulty breathing you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and/or exposure and state your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- 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



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For more information:

- Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- New Jersey Department of Health website at <https://www.state.nj.us/health/cd/topics/ncov.shtml> <https://www.nj.gov/health/cd/topics/schoolhealth.shtml>

If you have any questions or concerns, please reach out to the school nurse.