



March 4, 2020

Dear ALH Students, Staff and Families:

I am writing to provide you with the most up-to-date information regarding the Novel Coronavirus (COVID-19), and the steps we are taking as a school, as the health and safety of every member of our community is of utmost importance. We are closely monitoring this ongoing situation and following guidance from the U.S. Centers for Disease Control and Prevention (CDC), the New York State Department of Health (NYSDOH), the Albany County Health Department, and the New York State Education Department (NYSED). Should the recommendations provided to our school/immediate area change, we will be in contact with you again as soon as possible.

Information to date suggests that 2019-nCoV causes mild-to-moderate illness and symptoms like the flu, including fever, cough, and difficulty breathing, however, some people have fewer symptoms, or no symptoms at all. The virus can be transmitted through coughing/sneezing droplets, or close contact with another sick person. Since this virus is very new, health authorities continue to carefully watch how this virus spreads.

ALH is taking the same preventative measures as during every cold/flu season, including regularly disinfecting surfaces and frequently reminding students and staff to wash their hands often. As always, we urge you to keep your children home from school if they are sick or have a fever and contact your medical provider immediately if your child is seriously ill.

The following are NYSDOH suggestions for minimizing the spread of all respiratory viruses, including the coronavirus:

- Wash your hands often, for at least 20 seconds, with soap and warm water.
- Use at least 60% alcohol-based hand sanitizer, if soap and water are unavailable.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with those you know are sick.
- Stay home if you or your child feels sick.
- Cover your mouth/nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, immediately throw it away.
- Regularly clean and disinfect frequently touched objects and surfaces.

For additional important information, we strongly encourage you to review guidance and updates from official sources such as the CDC (<https://www.cdc.gov/>), the NYSDOH (<https://www.health.ny.gov/>), or call 1-888-364-3065 for the Coronavirus Hotline.

Thank you for your help in keeping our students, staff and school community safe.

Sincerely,

Cariña D. Cook
Principal/CEO

"One Leader Changes Everything"