



Lebanon Public Schools

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ROBERT J. ANGELI, Superintendent of Schools
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December 21, 2020

Dear Students, Parents and Guardians,

I am writing to let you know a Lebanon Middle School student has tested positive for COVID-19. The student was last in school on Friday, December 4. Uncas Health District is aware of this case. Because the student has not been in school for two weeks, there is no need for contact tracing in the schools.

Please remember to stay home if you are not feeling well or if you are a close contact to someone who has COVID-19.

COVID-19 Reminders

COVID-19 is spread mainly via person-to-person contact through contaminated air droplets from coughing and sneezing by an infected person. As with controlling the spread of other viruses, we urge everyone to discuss the following preventive measures with your children and family members:

- Wash your hands frequently, but especially after using the restroom and before preparing or consuming food. Using soap and hot water, wash for about 20 seconds. Be sure to also wash your fingertips. When soap and water are not available, use hand sanitizer.
- Avoid coughing or sneezing into your hands or in the air. Always try to cough or sneeze into a tissue, then throw the tissue away. If you don't have a tissue, cough/sneeze inside the elbow of your arm.
- As much as you can, avoid touching your eyes, mouth, and nose.
- Wear a face covering (mask) whenever there is a likelihood that you or your family members will be in the presence of others.
- Maximize social distancing between yourself and others when outside of your home.

Below is the list of COVID-19 symptoms for which everyone should monitor in their family members:

- Fever (100.4° Fahrenheit or higher)
- Chills or shaking chills
- Uncontrolled new cough (not due to other known cause, such as chronic cough)

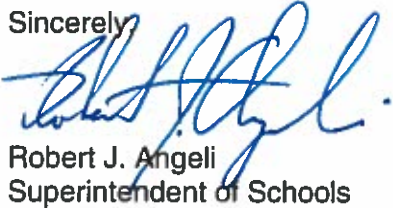
- Difficulty breathing or shortness of breath
- New loss of taste or smell

For additional information on COVID-19 symptoms, please see:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Staff and students exhibiting any of the above symptoms, or feeling ill, should call their medical provider to report their symptoms and ask about testing prior to seeking in-person care at a clinic, physician's office, or hospital.

Sincerely,



Robert J. Angeli
Superintendent of Schools