



Lebanon Public Schools

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Dear Students, Parents and Guardians,

I am writing to let you know that a member of our school community at Lyman Memorial High School has exhibited symptoms of COVID-19. This is NOT a confirmed case of COVID-19. The individual is awaiting results of testing. I have consulted with Uncas Health District officials and we have decided to take a cautious approach to mitigate spread in case there is a positive test result. As a result we are taking the following measures:

1. We have conducted a contact trace related to school activities. Students and/or staff members that have been in close contact (within 6 feet for 15 minutes or longer) with the person have been notified. They are to quarantine until test results are in and will monitor their health.
2. The Lebanon BOE, Uncas Health District and Town of Lebanon officials have been notified.

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.
- Maintain 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>

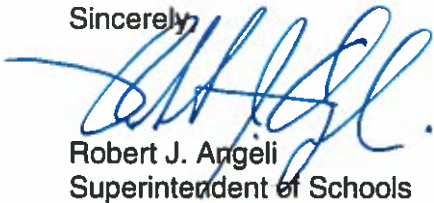
Staff and students exhibiting any of the above symptoms, or feeling ill, should call their medical provider to report their symptoms and ask about testing prior to seeking in-person care at a clinic, physician's office, or hospital.

For more information on what to do if you or a family member has possible symptoms, a diagnosis, or exposure to COVID-19, please see:

<https://portal.ct.gov/-/media/SDE/COVID-19/Addendum-5-Interim-Guidance-for-Responding-to-COVID-19-Scenarios-in-CT-School-Districts.pdf>

Another copy of the Daily Checklist is included with this letter. Let's continue to be safe.

Sincerely,



Robert J. Angeli
Superintendent of Schools

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