



Lebanon Public Schools

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Dear Students, Parents and Guardians,

I am writing to let you know we learned today that a member of our school community at Lebanon Middle School (LMS) has tested positive for COVID-19. Similar to the two previous cases, I consulted with Uncas Health District to ensure appropriate measures are taken. The person has not been in LMS since September 22. There is no need for anyone else to have to quarantine.

Continue to keep your schools informed when a student is getting tested for COVID-19. Please do this whether the student is attending school in person or via distance learning. If we all follow the guidance for mitigating the spread of COVID-19, we will help each other and ourselves stay safe. Avoid socializing with people who are in quarantine, especially if they have tested positive, until their quarantine period is over. This is true even if a person does not show symptoms. We should all be maximizing safe distances, wearing masks, washing our hands and using hand sanitizer in our personal activities.

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.

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>

Let's keep one another safe and healthy.

Sincerely,



Robert J. Angeli
Superintendent of Schools