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DANIEL C. LYNCH, ESQ.
DEPUTY COUNTY EXECUTIVE

March 22, 2020

Dear Student,

You may have heard of a new virus called the coronavirus that is making people sick. Coronavirus is a lot like the flu. People who get it usually have a fever, cough, and find it hard to breathe.

It is very easy to spread coronavirus from person to person. The good news is that, if you get it, you are not likely to get very sick. But, if you are not careful, you can pass it along to your friends and family without even knowing it. Older adults – like grandmas and grandpas – are the most likely to get very sick from the coronavirus.

YOU can play a role in keeping your friends and family safe and healthy. Here are six easy actions you can take:

1. Wash your hands often, especially after using the bathroom and before eating. Good handwashing takes 20 seconds, using soap and hot water. You can sing the Happy Birthday song to measure 20 seconds. Don't forget to wash your fingertips and thumbs.
2. Cover your coughs and sneezes with a tissue and then throw the tissue away. If you don't have a tissue, cough or sneeze into your arm.
3. Do not touch your eyes, mouth, or nose without washing your hands first. Touching your face with dirty hands is how you get sick.
4. Clean the surfaces you touch a lot - like tables and doorknobs - with a cleaning spray or wipe once a day.
5. When you can, stay two arms lengths away from people to be sure you are not spreading germs.
6. If you do not feel well, stay home and rest until you feel better.

Doctors and scientists around the world are trying to find new ways to keep people from getting coronavirus and help people who do get it to feel better. Thank you for doing your part to keep the people you love safe and healthy!

Sincerely,

Daniel P. McCoy
Albany County Executive