



Stephen Decatur High School

A Maryland **Blue Ribbon** School



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Principal: Thomas S. Sites

Co-Principals: Thomas Bunting, Jennifer Garton, Leland D. Green, Trevor L. Hill

Dear Staff Member:

Stephen Decatur High School was notified that an individual has tested positive for coronavirus (COVID-19). Our information indicates that **you were not identified as a close contact while on school property**. Close contacts have been notified of their exposure and provided with instructions to quarantine for 7-10 days from their last close contact.

We ask that you notify us if you develop any symptoms. COVID-19 is thought to be spread 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 take the following preventive measures:

- Wash your hands regularly, 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.
- 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 into your arm.
- As much as you can, avoid touching your eyes, mouth, and nose.

The symptoms of coronavirus are similar to the regular seasonal influenza and include fever, coughing, and shortness of breath. Some people with coronavirus have reported additional symptoms, such as a runny nose, sore throat, nausea, lethargy, lack of appetite, vomiting, and diarrhea.

If you become sick with fever, cough or have difficulty breathing, contact your health care provider. If you do not have a health care provider, contact your local health department. Follow these steps:

- Call your health care provider, local health department or emergency room before you go;
- Tell them about symptoms, any recent travel and close contacts (such as people in your household); and
- Wear a mask.

We are closely monitoring this situation. If you have questions, please do not hesitate to contact me

Sincerely,

Mr. Tom Sites, Principal