



## ARLINGTON CENTRAL SCHOOL DISTRICT

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Dear Parents, Guardians, Faculty, and Staff,

We have learned of a fake social media post that appears to be a Poughkeepsie Journal article about a LaGrange Middle School student who has been diagnosed with Coronavirus. This article, supposedly written by John Barry, the music/arts writer for the Poughkeepsie Journal, never existed.

We are grateful to the parents who brought this post to our attention for verification rather than spreading inaccurate information.

While we do not have a student who has been diagnosed with Coronavirus, the 2019 Novel Coronavirus (2019-nCoV) outbreak has now spread across the globe. We recognize parents may be concerned about protecting their families. The Dutchess County Department of Behavioral & Community Health (DBCH) has information on their website to help keep you informed about the current situation: [www.DutchessNY.gov/Coronavirus](http://www.DutchessNY.gov/Coronavirus). If you have a question about your risk of exposure, call the New York State Department of Health Coronavirus Hotline at (888) 364-3065.

In addition, it is important to know that you are at greater risk for other respiratory illnesses in our area, such as influenza (flu). The current flu season is in full swing and the DBCH recommends everyone six months and older be vaccinated against the flu to reduce their risk of becoming ill.

Flu symptoms can include fever, cough, sore throat, runny/stuffy nose, muscle or body aches, headache, fatigue (tiredness), diarrhea and vomiting. Everyday precautions to take to help stop the prevent the spread of the flu and nCoV-2019 are:

- Try to avoid close contact with sick people and when you're sick, limit your contact with others.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissues in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Clean and disinfect surfaces that may be contaminated with flu germs.
- Stay home when you're sick and do not send sick children to school.
- People with the flu, or influenza-like illness should remain at home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicine.

We again thank the parents who brought this post to our attention. As we all know, there is a great deal of misinformation that spreads on social media. We encourage all parents and students to contact our schools whenever you see information that is concerning on social media.

Sincerely,

Dr. Tina DeSa, Assistant Superintendent