DANIEL P. McCOY
COUNTY EXECUTIVE

COUNTY OF ALBANY
OFFICE OF THE EXECUTIVE
112 STATE STREET, ROOM 1200
ALBANY, NEW YORK 12207-2021
(518) 447-7040 - FAX (518) 447-5589
WWW.ALBANYCOUNTY.COM

DANIEL C. LYNCH, ESQ.
DEPUTY COUNTY EXECUTIVE

March 22, 2020

Dear Student:

At the end of 2019, a new type of virus called the novel coronavirus began to make people around the world sick with flu-like symptoms. The illness caused by the novel coronavirus is known as coronavirus disease, or COVID-19 for short.

COVID-19 has made its way to our country and people in our community are starting to get sick. COVID-19 is spread by inhaling droplets released when an infected individual coughs or sneezes. It can also be spread by touching a surface with these pathogens on them. The main symptoms of COVID-19 are fever, cough, and difficulty breathing. However, many people with COVID-19 have no symptoms at all. This is why we see it spreading rapidly across the country and around the world. While 80% of people with COVID-19 have mild symptoms and recover, the illness can be serious in patients that are elderly or have other health conditions like asthma or diabetes.

Everyone has a role to play in slowing the spread of the coronavirus. If we are successful in slowing the spread, or "flattening the curve," then fewer people will need treatment at the same time, and our hospitals and public health nurses will be able to provide care to everyone who needs it. I know your parents have been asking you to follow new rules to avoid getting sick. I wanted to share with you the best way to protect yourself and your family are:

- *Staying home and away from others as much as possible.* When you do go out, try to stay six feet away from other people. Even if you do not feel sick, you may have the virus and can spread it to other people.
- *Avoid people who are visibly sick.* While it is possible to spread coronavirus without showing symptoms, people are most contagious when they are coughing, sneezing, or have a fever.
- *Wash your hands well and often*. You should wash your hands every time you use the restroom and before you eat. Good handwashing takes at least 20 seconds with soap and water.
- *Do not touch your eyes, nose, or mouth*. Touching your face can significantly increase your chances of getting infected with the coronavirus or seasonal flu.
- *Clean surfaces and objects you touch often* – such as phones, computers, and doorknobs – with a household cleaner or wipe at least once a day.

My top priority as your County Executive is to make sure you and your neighbors are safe and healthy. Thank you for doing your part to #StopTheSpread of coronavirus in our community.

Sincerely,

Daniel P. McCoy
Albany County Executive