

Dear Westchester Jewish Council Leadership:

There are a number of schools within the Westchester Jewish Council membership/catchment area that are closed today due to a suspected case of coronavirus within their school communities. While each organization and synagogue will continue to monitor, communicate and act in accordance with their own protocols, we are resending some information that was included in our newsletter last week. If the Council can be of any help, please be in direct touch as we are pleased to be a referral resource and link to health care experts for your use as you see fit. By learning from each other and experts in the field, we hope that the virus will quickly be contained.

FROM THE WESTCHESTER JEWISH COUNCIL NEWSLETTER OF FEBRUARY 27,
,2020

Some Health Guidelines for the Coronavirus

With the ongoing news of the worldwide spread of Coronavirus, we share with you valuable instructions from the **Westchester County Department of Health** on how to help avoid the Coronavirus. There are also links to the **Center for Disease Control and Prevention**, the **State Department of Health** and a Coronavirus fact sheet. Thank you to Andrew Ferris, Chief of Staff to the County Executive for providing this information to us.

What We Can Do

- Stay informed, calm and don't be unduly alarmed
- Wash hands - at least 20 seconds with soap and warm water. Use an alcohol based hand sanitizer if soap and water are not available.
- Stay home when sick
- Cover your mouth when cough or sneeze - elbow or tissue
- Clean with non-"green" products (i.e. bleach-based)
- Get your flu shot. It is easier for doctors to diagnose a patient if they have already had a flu shot.

Some Additional Best Practices for our Community

- Consider "rubbing elbows" instead of shaking hands to minimize the transmission of germs
- When serving food, make sure to have serving utensils and sanitary tableware
- All food handlers should wear gloves and wash hands as appropriate.
- Make sure that good hygiene is being followed whenever food is served such as in early childhood and school programs

<https://www.health.ny.gov/diseases/communicable/coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[Westchester County Health Department](#)

[coronavirus fact sheet](#)

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