



**Help schoolkids reach their goals –
raising money for your school is as easy as 1, 2, 3.**



1. Shop.
Look for shelf tags on
more than 1,500 products
& earn \$ for your school!



2. Check out.
Get 3 school dollars for
every 4 participating
products you purchase.



3. Submit.
Deposit your school
dollars in the collection
tower in-store.

**Kingston Catholic School
is once again participating in this very
easy fundraiser.**

KCS is registered at the Hannaford store, 1261
Ulster Avenue, Kingston. If you shop at this store,
look for products with shelf tags like this:



When you purchase 4 participating products, you
will receive a receipt at checkout. Deposit that
receipt in the slot marked for KCS in the collection
tower at the front of the store.

It's that simple!

The program will run from March 1st to May 16th.



For those parents who use the KCS Aftercare Program, please mark your calendars that there will be

NO AFTERCARE

provided on **Friday, April 3rd** or **Friday, May 1st**. These are half days with a 12:20 Dismissal.

We hope this gives you plenty of time to plan accordingly. Thank you!



159 Broadway
Kingston, NY 12401
KingstonCatholic.org
Phone: (845) 331-9318
Fax: (845) 331-2674

Kingston Catholic School

The Catholic School Region of Ulster, Sullivan and Orange Counties

Mrs. Jill Albert, Principal

School-Based Cardiac Emergency Response Plan

Information for Parents

The safety of your children while they are in our care is paramount to us. The American Heart Association, in collaboration with more than 10 national health and safety organizations* just release a brand-new Cardiac Emergency Response Plan for schools.

We are pleased to announce that Kingston Catholic School now has an automated external defibrillator (AED) mounted in the main hallway.

Could a cardiac emergency really happen at our school?

Unfortunately, yes, it could. In 2013, the American Heart Association reported 9,500 cases of out-of-hospital cardiac arrest in youth.

Prompt response saves lives.

Across the United States, even the best emergency medical services (EMS) systems can't reach cardiac arrest victims for 3 to 5 minutes. Therefore, **the actions taken by bystanders during the first few minutes of a cardiac emergency are critical.** Prompt action can double or triple a victim's chance of survival.

What is Cardiac Emergency Response Plan? A Cardiac Emergency Response Plan is a written document that establishes specific steps to take during a cardiac emergency in a school setting.

Our staff has been involved in these essential elements: establishing an effective communication system; training anticipated responders in CPR and automated external defibrillator (AED) use; obtaining access to an AED for early defibrillation; acquiring the necessary emergency equipment; coordinating and integrating on-site responder and AED programs with the local EMS system; and practicing and reviewing the response plan.†

Why is it important?

A carefully orchestrated response to cardiac emergencies will reduce death and disability in school settings like ours and help ensure that chaos does not lead to an improper or inadequate response. Preparation is essential.

Parents, we need your help!

As teams of our school staff learn CPR, **we encourage all parents to learn CPR** through one of these options:

1. Take 60 seconds to watch the free Hands-Only CPR video at www.heart.org/handsonlycpr.
2. Locate and attend a classroom-based CPR and AED course. Visit www.heart.org/cpr and click the Red "Find a Course" button.



Family Assembly
Friday, March 6th at 8:30am



Welcome – Student Council

Read-a-thon Kickoff with
Harry Potter Dress up day

Performance by the
KCS Choir

Raffle Winners Drawing



KINGSTON CATHOLIC HOT LUNCH MENU
Week of March 9, 2020

NAME(S) & GRADE(S) _____

MONDAY

NO SCHOOL

TUESDAY

Pasta, Garlic Knots,
Dessert

Luncheon Salad,
Applesauce, Dessert please check one: ☐ Ranch ☐ Italian

WEDNESDAY

Chicken Nuggets,
Carrots, Dessert

Luncheon Salad,
Applesauce, Dessert please check one: ☐ Ranch ☐ Italian

THURSDAY

Mac & Cheese
Carrots & Celery Sticks,
Dessert

Luncheon Salad,
Applesauce, Dessert please check one: ☐ Ranch ☐ Italian

FRIDAY

Pizza
Chips, Dessert

Luncheon Salad,
Applesauce, Dessert please check one: ☐ Ranch ☐ Italian

- Each lunch is **\$5.00**.
- Please remember to put your child's name and grade on this menu.
- Please remember to include your check.

A second slice of pizza may be ordered along with the first for an extra \$1.00 (unfortunately the "seconds for a dollar" option is not available with any other lunch).

LUNCH MENU MUST BE IN BY *FRIDAY* MORNING ALONG WITH PAYMENT –
THANK YOU FOR YOUR COOPERATION *Lunch menus will not be accepted*
on Monday morning so please plan accordingly

The monthly menu can be found at www.kingstoncatholic.org

**KINGSTON CATHOLIC SCHOOL
WEEKLY SCHEDULE FOR EARLY DROP OFF**

***Early Drop off time is 7:30am
The Cost is \$15 per week***

FAMILY NAME _____

March 9, 2020

WEEK OF _____

Parent/Guardian, kindly indicate in the appropriate box name and grade,
And please mark the days you need early drop off.

Child's Name & Gr. Mon. Tues. Wed. Thurs. Fri.

	NO SCHOOL				
Early Drop Off Time					

RETURN TO SCHOOL BY **Friday** ALONG WITH PAYMENT.

PARENT SIGNATURE _____

KINGSTON CATHOLIC SCHOOL WEEKLY SCHEDULE FOR EXTENDED DAY PROGRAM

FAMILY NAME _____

March 9, 2020

WEEK OF _____

Parent/Guardian - kindly indicate in the appropriate box name, grade and pick-up time.

Please X the days you need aftercare.


Child's Name & Grade	Mon.	Tues.	Wed.	Thurs.	Fri.
	NO SCHOOL				
Pick up time					

RETURN TO SCHOOL BY **Friday** ALONG WITH PAYMENT.

PARENT SIGNATURE _____

For those parents who need a receipt other than your check, fill in the form below and tear it off for your records. This will serve as your receipt for the aftercare program:

~~~~~



Kingston Catholic School Aftercare Receipt

Family Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Week Of: \_\_\_\_\_ # of Days Used: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Check (Check #): \_\_\_\_\_

**(NO CASH PLEASE)**



ANNOUNCING THE 2020 KCS READ-A-THON!

ALL STUDENTS AND STAFF ARE INVITED TO DRESS AS YOUR  
FAVORITE

# Harry Potter

CHARACTER AS WE LAUNCH THE  
KCS READ-A-THON AT THE FAMILY ASSEMBLY ON **FRIDAY**  
**MARCH 6, 2020.**

HELP US TURN KCS INTO HOGWARTS FOR A DAY TO CELEBRATE  
HOW MUCH WE LOVE TO READ!

PLEASE WEAR YOUR FAVORITE HARRY POTTER COSTUME  
AND/OR ACCESSORIES ON MARCH 6, 2020 AS WE CELEBRATE  
THE LAUNCH OUR KCS READ-A-THON!





# Harry Potter



"It is our choices ... that show who we truly are, far more than our abilities."

Albus Dumbledore     Harry Potter and the Chamber of Secrets

## KCS 2020 Read-A-Thon

Dear Parents,

Your child has been invited to participate in the KCS 2020 Read-A-Thon. This year's Read-A-Thon is a wonderful opportunity for your child to read for 15 minutes a night at home for two weeks as part of a school community. During the Read-A-Thon, students will also be reading for 15 minutes during the school day with their class. The benefits of reading are invaluable for your child and include building reading fluency, improving vocabulary knowledge, and most importantly creating connections with people in other places and times. At the younger grades, please count the time you spend reading to your child. This groundwork lays the foundation for them to become lifelong readers. Although, this year's Read-A-Thon theme is Harry Potter, all reading your child does is counted in the Read-A-Thon.

The KCS Read-A-Thon is also a chance to support KCS and our children financially. All the money raised by this event is used directly at KCS and helps to provide valuable programs at the school. There are no expenses in this fundraiser as all prizes and costs are donated. Please consider supporting this event and our school generously.

This year's Read-A-Thon will feature the following:

- A kick-off-school wide meeting to launch the Read-A-Thon featuring a Harry Potter costume theme where students have a chance to dress as their favorite character from Harry Potter.
- Each day during the Read-A-Thon students will read as a school community for 15 minutes during the school day.

- Students will also read for 15 minutes (or more) a night for 2 weeks and record the minutes that they read at home on a reading calendar.
- Students will bring the Reading Calendar to school each morning during the Read-A-Thon to their classroom teacher.
- While reading, students will work to find sponsors and collect donations.
- Reading calendars, sponsorship forms, and donations will all be collected on March 20<sup>th</sup>.

Besides being a lot of fun, there are some fabulous prizes that can be earned for participating in the Read-A-Thon.

- All student's participating in the Read-A-Thon will receive a dress down day, an achievement certificate and extra recess.
- **A gift card to Barnes and Noble for \$65** will be awarded to the student reading the most minutes at home throughout the Read-A-Thon.
- **A gift card to Barnes and Noble for \$ 65** will be awarded to the student raising the highest amount in donations.
- **All students who participate in the Read-A-Thon will be invited to a pizza and pajama party featuring storyteller Karen Pillsworth on Friday, March 20th at 6:00 at KCS.**

Please enjoy this event and support our school!

Have fun reading!



# KCS Read-A-Thon 2020

## Sponsorship Form



"We've all got both light and dark inside us. What matters is the part we choose to act on...that's who we really are."

-Sirius Black      Harry Potter and the Order of the Phoenix

Student's Name: \_\_\_\_\_

**A minimum donation \$5 per sponsor** is suggested to support your student. Students read a total of 30 minutes a day for 2 weeks (15 minutes at school and a minimum of 15 minutes at home) as part of the school community. We are hoping that each student who participates will be able to raise \$25 or more.

**100% of your donation goes to directly support KCS's ability to provide additional programming at the school. Please consider supporting the Read-A-Thon generously.**

[illegible]



"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." -Dumbledore



## Reading Calendar KCS Read-A-Thon 2020

Name: \_\_\_\_\_

Students should record the minutes they read at home each night. Students should read a minimum of 15 minutes each night.

|                                                                                                                      |                                                                                                                       |                                                                                                                       |                                                                                                                       |                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <p>3/9/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p> <p>End page: _____</p> | <p>3/10/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p> <p>End page: _____</p> | <p>3/11/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p> <p>End page: _____</p> | <p>3/12/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p> <p>End page: _____</p> | <p>3/13/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p> <p>End page: _____</p> |
| <p>3/14/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p>                       | <p>3/15/20</p> <p># of minutes: _____</p> <p>Title of Book: _____</p> <p>Start page: _____</p>                        |                                                                                                                       |                                                                                                                       |                                                                                                                       |

|                 |                 |
|-----------------|-----------------|
| End page: _____ | End page: _____ |
|-----------------|-----------------|

| 3/16/ 20                             | 3/17/20                              | 3/18/20                              | 3/19/20                              | 3/20/20                                                                                                  |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------------------------------------------------------------------------|
| # of minutes: _____                  | # of minutes: _____                  | # of minutes: _____                  | 3/9 2020<br># of minutes: _____      | Hand in all Read-A-Thon materials including:<br>Reading Calendar,<br>Sponsorship Form and all donations. |
| Title of Book:<br>_____<br>_____     | Title of Book:<br>_____<br>_____     | Title of Book:<br>_____<br>_____     | Title of Book:<br>_____<br>_____     |                                                                                                          |
| Start page: _____<br>End page: _____ | Start page: _____<br>End page: _____ | Start page: _____<br>End page: _____ | Start page: _____<br>End page: _____ |                                                                                                          |

Total Minutes Read During Read-A-Thon at Home: \_\_\_\_\_

**Mischief**   
 **Managed**



*YOU'RE INVITED!!*

*Please join us for the March*

## KCSFO MEETING

THURSDAY, MARCH 12<sup>th</sup>, 2020, 6:30-7:30 PM

159 BROADWAY, KINGSTON NY 12401

THE KINGSTON CATHOLIC SCHOOL FAMILY ORGANIZATION WOULD LIKE TO HEAR  
FROM YOU!

JOIN US FOR SNACKS AND DISCUSS EVENTS, FUNDRAISERS AND MORE!

CHILD CARE WILL BE AVAILABLE BY RESERVATION ONLY!

(PLEASE RETURN FORM BELOW BY 3/11 FOR CHILDCARE)

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Children: \_\_\_\_\_

Kingston Catholic School

# Giant Raffle

**All tickets are due by March 5<sup>th</sup>!!**

Winners will be announced Friday March  
6<sup>th</sup> at our Family assembly

As a reminder, the class that has the most participation in the sale of tickets (not the most tickets sold) will enjoy a dress down day decided upon by Mrs. Albert.



# MOTHER & SON SPORTS NIGHT!

**Friday, March 13**  
**6:30–8:30**

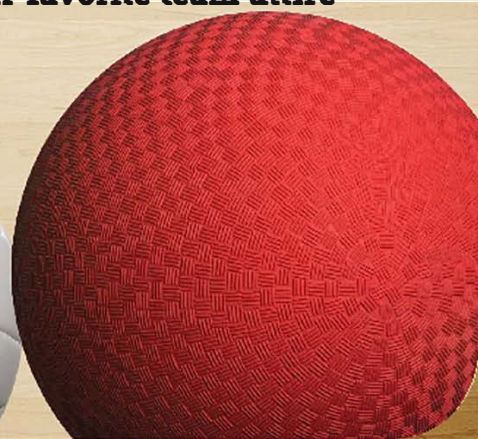
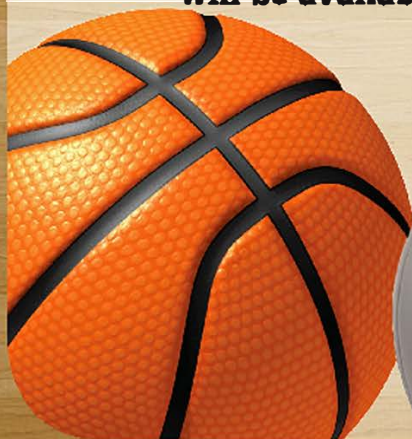
Catholic Charities Gym, Adams St

**\$20 per family**  
includes pizza, drinks  
and ice cream

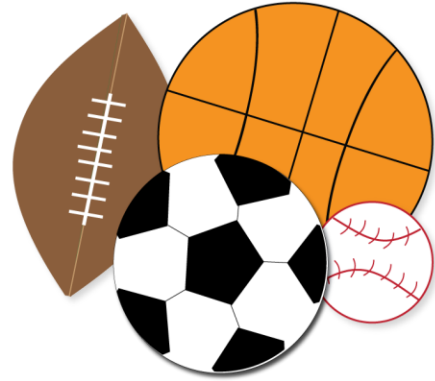
**RSVP by Thursday March 12th**

By returning this form with payment and family name  
to the school office

Mother Son pictures by Cailee Nicole Photography  
will be available for purchase. Wear your favorite team attire  
for the photos!



# The Mother- Son Sports Night Event...



Could use the following donations:

- Individual bags of chips
- Water and Juice boxes
- Spoons and small paper bowls

All donations can be dropped off at school or brought with you the night of the event.

We are looking forward to a great night and appreciate your support.

The KCSFO



*Please note that we are required to charge 8% sales tax on all purchases. Also, please keep in mind that Scholastic may not send us all the books shown on the flyer that will be sent home next week.*



**We're having another Cakewalk!**

**SUNDAY, March 29**

**at the**

**BUNNY BREAKFAST**

**9:00-11:30 am**

*This traditional fundraiser is an exciting game of luck for all ages.  
Participants pay just \$1.00 for a chance to win the Cake of their choice.*

*You can donate your homemade cakes or store-bought cakes as prizes.*

*Email Rebecca Shea at [sheabutterly@gmail.com](mailto:sheabutterly@gmail.com) for details.*

Thank you.







OFFICE OF THE SUPERINTENDENT OF SCHOOLS  
ARCHDIOCESE OF NEW YORK

1011 First Avenue, New York, New York 10022 Phone: (212) 371-1000 Fax: (212) 317-9236

February 28<sup>th</sup>, 2020

Dear Parents and Guardians,

We all have seen the rising concern surrounding the novel coronavirus in the news. For weeks, the Health and Safety Task Force from the Archdiocese of New York's Office of the Superintendent of Schools has been in communication with federal, state, and city officials monitoring the situation to ensure the health and safety of our schools and evaluating policies and procedures to keep our students and adults safe. I am reaching out to provide additional information.

You will find an attached letter and *Frequently Asked Questions Guide* from the New York State Department of Health with information about the coronavirus and general flu prevention measures. As this situation evolves and changes, the Task Force will provide further information and guidelines for our Archdiocesan schools.

We encourage all families to practice good hygiene and healthy practices such as washing hands regularly, avoiding close contact with people who are sick, avoiding bringing sick children to school and getting your flu shot to lower the risk of spreading illness.

**Effective March 2<sup>nd</sup>, 2020: For students and school personnel returning from international travel, the following policy for the Archdiocese of New York is in place:**

**All students and school personnel returning from international travel are required to get written medical clearance from their physician before returning to school. Parents must submit this written medical clearance letter signed and stamped by a licensed physician to the principal.**

Be assured we will continue to keep you updated in a timely way.

I thank you for your understanding and help in the effort to keep our schools and students safe. If you have any questions regarding this policy, please contact your school.

Thank you,

Mr. Michael J. Deegan

Superintendent of Schools

Archdiocese of New York



Department  
of Health

HOWARD A. ZUCKER, MD, JD, COMMISSIONER



New York State  
EDUCATION DEPARTMENT  
About the Education Department

SHANNON L. TAHOE, COMMISSIONER

Dear Parent/Guardian,

A new coronavirus called 2019 Novel (new) Coronavirus (2019-nCoV) was first found in Wuhan, Hubei Province, China. This virus had not been found in humans before. This coronavirus can lead to fever, cough and trouble breathing or shortness of breath. There are thousands of diagnosed cases in China and new cases being diagnosed in a number of countries including the United States.

#### What do we know?

Since this virus is very new, health authorities continue to carefully watch how this virus spreads. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus, so that we can better understand how it spreads and causes illness. The CDC considers this virus to be a serious public health concern. Based on current information the CDC recommends avoiding travel to China. Updated travel information related to 2019-nCoV can be found at

<https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china>

#### How Does 2019 Novel (New) Coronavirus Spread?

Health experts believe the virus probably spreads from animals to humans and from person to person. It's not clear yet how easily the virus spreads from person-to-person.

The 2019 Novel Coronavirus (2019-nCoV) is not currently a concern for the general public and is not actively circulating among New Yorkers at this time. Therefore, there is no need to cancel school or social events, and there is no need for students or school staff to wear surgical masks at school.

#### Prevention

There are currently no vaccines available to protect against this virus. The New York State Department of Health (DOH) recommends the following ways to minimize the spread of all respiratory viruses, including 2019-nCoV:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.
- CDC recommends that travelers avoid all travel to China.

#### Symptoms

Information to date suggests that 2019-nCoV causes mild-to-moderate illness and symptoms like the flu, including fever, cough, and difficulty breathing.

#### Are visitors from China being screened?

Yes, as of February 2<sup>nd</sup> new screening protocols are conducted for individuals entering the US from China at designated airports.

PreK-12 schools may have students who attend school and have traveled to various areas in Asia, including China. Students should not be excluded from school or any school activities based on race, country of origin, or recent travel (or a family member's recent travel), including to any part of China. Schools may only exclude a student if a local health department informs the school that a student must comply with a quarantine order or the student is symptomatic of a communicable or infectious disease pursuant to Education Law §906.

**Important Health Information for Those Who Have Recently Traveled to Wuhan, Hubei Province, China and Experience Symptoms**

If you recently traveled to Wuhan, China and feel sick with fever, cough or trouble breathing; OR you develop symptoms within 14 days of traveling there, you should:

- Seek medical care right away. Call ahead and tell them about your travel and symptoms.
- Avoid contact with others.
- Stay home, except for seeking medical care.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Contact your local health department.

This is an emerging, rapidly changing situation. For questions please contact your local department of health or the NYS DOH Novel Coronavirus hotline at **1-888-364-3065**.

We encourage you to keep up to date about 2019-nCoV, its treatment and prevention by visiting the following websites:

**Additional Resources**

CDC's dedicated 2019-nCoV website at <https://www.cdc.gov/nCoV>.

NYSDOH's dedicated 2019-nCoV website at <https://www.health.ny.gov/diseases/communicable/coronavirus/>

NYSDOH directory of local health departments  
[https://www.health.ny.gov/contact/contact\\_information/](https://www.health.ny.gov/contact/contact_information/)

New York State Center for School Health website at [www.schoolhealthny.com](http://www.schoolhealthny.com)





## **2019 Novel Coronavirus: Home Self-Monitoring for Coronavirus Disease 2019 (COVID-19) in New York City**

### **About 2019 Novel Coronavirus**

**1. What are coronaviruses?**

Coronaviruses are a family of viruses that are common throughout the world. They cause illnesses ranging from the common cold to more serious illnesses like pneumonia. A novel (new) coronavirus is a type of coronavirus that has not been previously seen in humans.

**2. What is 2019 novel coronavirus?**

2019 novel coronavirus is a new type of coronavirus identified as the cause of an outbreak of respiratory illness (which affects breathing) called COVID-19 that was first detected in Wuhan, China. Infections with this new virus have been reported in other regions of China and in some other countries, including the U.S.

**3. How serious is this virus and what are the range of symptoms?**

Reported symptoms due to infection with the virus that causes COVID-19 have ranged from mild to severe. Symptoms can include fever, cough or shortness of breath.

**4. How does this virus spread?**

Much is still unknown about how the virus that causes COVID-19 spreads. Current information indicates that person-to-person spread is occurring, but it is not clear how easily the virus spreads between people. Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how the flu and other respiratory illnesses spread.

**5. How long before symptoms of the virus appear?**

The Centers for Disease Control and Prevention (CDC) believes at this time that symptoms of COVID-19 may appear between two and 14 days after exposure.

### **Guidance for People Required to Home Self-Monitor After Returning from Countries Designated by the Centers for Disease Control and Prevention (CDC)**

**6. What is home self-monitoring?**

Home self-monitoring means you check yourself for fever and remain alert for cough or shortness of breath. Everyone on home self-monitoring has been provided a plan for whom to contact during the self-monitoring period to determine whether medical evaluation is needed if they develop fever, cough or shortness of breath. People on home self-monitoring are also asked to stay at home and avoid going outside for the entire self-monitoring period. You should not attend work, school, public events or group gatherings. You can get a doctor's note online at [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus) if you need to provide documentation of your absence to your school or employer.

**7. Why do I need to home self-monitor?**

To stop the spread of the virus that causes COVID-19 in the U.S., all people who spent time in areas designated by the CDC, within the last 14 days, are being screened at the airport for COVID-19 symptoms and risk factors for infection. After this screening:

- Travelers arriving in NYC from CDC-designated areas, who have no symptoms, will be transported to a quarantine location in NYC as directed by the CDC.
- Most travelers returning from CDC-designated areas, who have no symptoms, will be given information about home self-monitoring. They can continue to their destination. Their local health department will then be in contact with the travelers to provide more information.
- Others with possible exposures to the virus that causes COVID-19 may also be asked to home self-monitor by the NYC Health Department.

**8. I just got back from a CDC designated country and am supposed to home self-monitor. What do I need to do?**

- Take your temperature twice a day.
- Check for symptoms — cough or shortness of breath.
- Stay at home and remain out of public places. Do not go to school or work.
- If you have fever or symptoms, call the NYC Health Department at 347-396-7990.
- You need to do this for 14 days since the day you left the CDC designated country that requires home self-monitoring, even if you spent time in another country before entering the U.S.

**9. What about my family members or other people I live with?**

If members of your household were not in one of these countries, they can continue to go to school and work. If you develop fever, cough or shortness of breath, other members of your household should stay home until your symptoms are checked out by a medical provider.

**10. What should I do if I have a medical emergency?**

If you have a medical emergency while you are in home self-monitoring, you should call 911 and tell the operator about your recent travel.

**11. What should I do if I develop an illness with fever, cough, or shortness of breath?**

If you develop fever, cough or shortness of breath while in home self-monitoring, avoid close contact (within 6 feet) with other people, and call the NYC Health Department at 347-396-7990 for further instructions.

**12. What if I need to leave home to receive medical care for a chronic illness or other issue?**

If you need to see a doctor or health care provider for a medical problem, you should call your provider ahead of your visit and let them know about your recent travel.

**13. What can I do if I feel overwhelmed or distressed about being at home?**

Emotional reactions to stressful situations such as this emerging health issue are expected. It is normal to feel sad, anxious or overwhelmed, or have other symptoms of distress, such as trouble sleeping. If symptoms become worse, last longer than a month or if you struggle to participate in your usual daily activities, reach out for support and help. You can call [NYC Well](tel:888-NYC-WELL) at 888-NYC-WELL (888-692-9355) or text "WELL" to 65173. NYC Well is a confidential helpline that is staffed 24/7 by trained counselors who can provide brief supportive therapy, crisis counseling, and connections to behavioral health treatment and support in over 200 languages.

**Returning to School or Work**

**14. Do I need to get cleared to return to work or school?**

No. If you did not have any fever, cough or shortness of breath during your 14-day home self-monitoring period, you can go back to work or school. There is no formal clearance process. People without fever, cough or shortness of breath are not tested for the virus that causes COVID-19.

**15. Who do I contact if I need a doctor's note for my employer or school to explain my absence?**

You can download and print a doctor's note from the NYC Health Department's website by visiting [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus) or calling 347-396-7990. Your school or employer may ask for documentation of your travel to confirm the dates of your home self-monitoring.

**16. My employer or school is not allowing me to return after I completed home self-monitoring. What are my options?**

There is no medical reason for your work or school to exclude you after the home self-monitoring period is over. Please show them the doctor's note from the NYC Health Department. You can also report this situation to the NYC Commission on Human Rights by calling **311** and saying, "human rights."

For more information on COVID-19, visit [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus) or [cdc.gov/coronavirus](https://cdc.gov/coronavirus).

If feel you have been harassed due to race, nation of origin or other identities, call **311** and say, "human rights" to report to the NYC Commission on Human Rights.