It is important to us here at Liberty that we keep our school community safe and healthy. Respiratory illnesses are on the rise here and across the nation, with the triple threat of flu, COVID-19 and Respiratory Syncytial Virus, or RSV. These viruses, while usually manageable, can lead to illness, hospitalizations or death, according to the state Departments of Health and Education. The combination of the three diseases has led to limited availability of pediatric hospital beds across New York.

There are several simple steps that can be taken to help prevent the spread of these illnesses.

- Wash your hands often with soap and hot water for at least 20 seconds, especially after touching commonly touched surfaces such as door knobs. Use hand sanitizer if soap and water isn't available.
- Clean and disinfect frequently touched surfaces often.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Don't cough or sneeze into your hands; sneeze or cough into your elbow or into a disposable tissue.
- Although we want our students and teachers to be in school as often as possible, we'd rather they stay home when they are sick or symptomatic.
- Stay up to date on vaccines, including flu and COVID-19. [Find a location to get vaccinated here](#).
- If you have been exposed to someone who is sick, are at high risk for infection or just feel more comfortable wearing a mask while in public indoor spaces, wear a well-fitting, high-quality mask.

Masks and rapid COVID tests are available in the health office of each building.

To learn more about COVID, RSV and flu, visit the [state Health Department page on respiratory illnesses](#).