



March 3, 2020

Dear Dance Theatre of Harlem Community,

Dance Theatre of Harlem is committed to ensuring the safety and well-being of our students, families and staff. To that end, we continue to monitor the latest guidance from the Centers for Disease Control and Prevention (CDC) and the NYC Department of Public Health regarding Coronavirus (COVID-19). As you are aware, the City is currently responding to the novel coronavirus. There is interest about this virus, and we wanted to provide information and reminders to address questions or concerns you may have.

2019 Novel Coronavirus (COVID-19)

Coronaviruses are a family of viruses that can cause a range of illnesses from the common cold, to pneumonia. COVID-19 is a new coronavirus identified in December 2019, following an outbreak in Wuhan, China. The incubation period, or period between exposure to infection and appearance of symptoms is estimated to be 2-14 days.

Symptoms can range from asymptomatic (displaying no symptoms), to mild to severe and can include:

- Fever
- Cough
- Shortness of breath
- Transmission

Coronaviruses most commonly spread from an infected person to others through droplets released over short distances, such as when the person coughs or sneezes.

General Infection Prevention Strategies

The NYC Health Department continues to advise the following infection prevention strategies for common respiratory viruses (e.g., influenza or "flu," "common cold viruses"). These same strategies should be used for COVID-19. These include:

- Stay home if you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing (in the absence of a tissue, cough or sneeze into your shirt sleeve or bent arm).
- Keep your hands clean (wash your hands often with soap and water for at least 20 seconds). Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Get the flu shot (at this time, there are no current vaccinations for coronaviruses)
- If you plan to travel, please refer to the CDC's travel advisories for updates.

For more information:

- [Center for Disease Control and Prevention \(CDC\)](#)
- [New York City Department of Health](#)

Please note that Dance Theatre of Harlem follows the NYC Department of Education and NYC Mass Transit Authority protocol regarding school closings related to health and safety. We will continue to keep you posted.

Dance Theatre of Harlem