



MIDLAND SCHOOL HEALTH OFFICE
300 ROCHELLE AVENUE, ROCHELLE PARK, NJ 07662



Dear Midland School Families,

We are living in truly unprecedented times. What is of utmost importance is to keep ourselves and our families safe and healthy. Please continue to take the necessary precautions that have been directed by our local and state governments. Also, while it is important to keep informed of CoVid-19, please be wary of where you are getting your information. Reliable updates and information can be found on the CDC website, the NJ Department of Health website and the World Health Organization website:

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

NJ Department of Health: <https://www.state.nj.us/health/cd/topics/ncov.shtml>

World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

While this may be a challenging time for everyone, we will all get through this.

And please remember GOOD HANDWASHING!

Healthy Regards,

Sheryl Meyers