

Novel Coronavirus and Cold/Flu Season Updates and Information

The health and safety of our students and staff is a top priority. The Centers for Disease Control and Prevention (CDC) and the California Department of Education (CDE) have advised school sites to prepare for a possible outbreak of the 2019 Novel Coronavirus (COVID-19).

At this time, the health risk to the general public in California from Novel Coronavirus remains low, but our school district is taking precautions to prevent the spread of all infectious diseases.

We have instructed our custodial staff to place additional attention on disinfecting high contact areas like door handles, tabletops, counters, equipment, and faucets.

We are asking staff, students, and parents to take the following preventative actions suggested by the California Department of Public Health:

- Use "respiratory etiquette"
- Cover cough with a tissue or sleeve.
- See CDC's Cover Your Cough page (<https://www.cdc.gov/flu/prevent/actions-preventflu.htm>)
- Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
- Wash hands frequently.
- Encourage hand washing by students and staff, schedule time for handwashing.
- Stay home when sick.
- Remain at home until fever has been gone for at least 24 hours without the use of fever-reducing medicines.
- Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing.
- Let the school office know if your child has flu like symptoms.
- Routinely clean frequently touched surfaces.
- Separate sick students and staff from others until they can go home.
- Encourage flu vaccine for those who haven't had it this season to reduce illnesses and absences on campus (but won't prevent coronavirus illnesses).

A note about face masks: face masks are most useful for preventing disease spread when they are worn by people who have symptoms. This is why people are asked to wear a mask at doctors' offices and hospitals if they are coughing or sneezing.

We understand the Novel Coronavirus is causing concern for many of our parents. We will continue to provide further updates from the CDC, CDE, and Sutter County Public Health Officials.