



Coronavirus Update--March 4, 2020

With the cold and flu season upon us and concerns about the novel coronavirus, now named COVID-19, we want to give you the most current information and provide you with important tips to help you stay healthy this season and help prevent flu and other respiratory illnesses.

The CDC recently shared that the coronavirus almost certainly will begin spreading in communities in the United States, and we should begin preparations now. We are working with county school and health officials to review protocols in the event that coronavirus does spread in San Diego. In the meantime, students and school staff should continue to practice the same precautions that they normally do during cold and flu season. To help prevent the spread of respiratory viruses, including the coronavirus and flu, follow these important tips:

- Stay home when you are sick
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.
- The CA Department of Public Health does not recommend the use of face masks for general prevention and states handwashing provides better protection from infectious diseases.

As another reminder, if your child is sick, please keep them home from school. All children and staff members with fever (greater than 100F/38C) should remain home from school and other activities until they have no fever for 24 hours, without fever-reducing medication.

The most updated current information on COVID-19 as it presents in the United States will come from the Centers for Disease Control, at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. If we receive additional local advisories for California or our county, we will provide updates to our school community.

The safety and wellness of our students and staff are a priority, and we thank you for your cooperation and support. We appreciate our school community and our families in helping us maintain a healthy and safe learning environment.

If you have any questions, please contact our School Nurse at (619) 263-2171.