

Los Banos Unified School District

1717 South Eleventh Street Los Banos, California 93635-4800 Telephone (209) 826-3801 Fax (209) 826-6810 www.losbanosusd.org

August 20, 2021

Health and Wellness Reminder from the Superintendent

After my last correspondence, we have received questions about COVID-19 and the District's wellness practices. It is important for the health and wellness of students, staff, and the entire Los Banos Unified School District (LBUSD) community to monitor for symptoms and maintain healthy practices to prevent the contraction and transmission of COVID-19. Healthy practices include: wearing a face mask indoors, washing hands frequently, socially distancing and if a family chooses, getting the COVID-19 vaccination(s). By working together, we can minimize the risks of getting and passing on the virus to others.

Common symptoms of COVID-19 to monitor for:

Fever (100.4 or higher)
New-onset cough
Worsening cough
Difficulty breathing
Vomiting/Nausea
Diarrhea
Loss of taste and/or smell

The following symptoms are less common, but ones that should be monitored for:

Sore throat Chills Muscle pain/body aches Fatigue New-onset headache New-onset congestion New-onset runny nose

If students or parents notice that you/your child are experiencing any of these symptoms, please do your part to keep the LBUSD community safe by keeping your student home, seeking medical advice/attention and calling your child's school to inform them if you/your child has contracted COVID-19. Also, keep your children at home if they have tested positive for COVID-19 and not been cleared to return, and/or if you are expecting the results of a COVID-19 test.

We have created a designated COVID-19 section on our website that provides daily information to our stakeholders about COVID-19 cases in the district while respecting the privacy of our students and staff members. As a reminder, you can find information on the number of new COVID-19 cases reported daily at (https://www.losbanosusd.org/District).

Thank you in advance for helping us keep LBUSD as safe and healthy as possible!

Sincerely,

Mark E. Marshall Ed.D. Proud Superintendent

Los Banos Unified School District

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