

## 2019 Novel Coronavirus Guidance for Parents/Guardians and Staff

The virus causes respiratory illness. For up-to-date information regarding the novel coronavirus see:

- The California Department of Public Health website at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>; or
- Centers for Disease Control (CDC) website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

At this time, the health risk to the general public in California from novel coronavirus remains low, but schools and parents/guardians can take common-sense precautions to prevent the spread for all infectious diseases. These precautions will be helpful to also prevent the spread of other common illnesses such as influenza and gastroenteritis. The risk of exposure to this new coronavirus in China is increasing over time.

We encourage all students, parents/guardians, and staff to take everyday preventive actions:

- 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
- Use “respiratory etiquette”
  - Cover cough with a tissue or sleeve. See CDC’s [Cover Your Cough Page https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm](https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm)
  - Provide adequate supplies within easy reach, including tissues and no-touch trash cans
- Wash hands frequently.
  - Encourage hand washing by your students and staff through education, schedule time for handwashing, and the provision of adequate supplies.
- Routinely clean frequently touched surfaces
- Separate sick individuals from others, when feasible have a “sick room” which others do not frequently pass through

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.