

Dear SVUSD Community,

You may have heard news reports about the Coronavirus that has caused an outbreak of a respiratory illness and that there has been a confirmed case in Orange County. We understand this may be a source of concern for our community and ask that you read the following important information.

- The Orange County Health Care Agency (OCHCA) says the risk for school children in Orange County is minimal. Internationally the illness has primarily affected adults – elderly patients with pre-existing conditions.
- According to the OCHCA, the Coronavirus is spread, similarly to other illnesses like the flu and common cold, through coughing or sneezing by those who already have it. Symptoms can include fever, coughing and difficulty breathing.

### **Centers for Disease Control and Prevention and OCHCA Guidance**

[The Centers for Disease Control and Prevention](#) and the [OCHCA](#) recommends taking these daily precautions for this or any other illness:

#### **Travelers who are sick should stay home and call health care providers.**

If you have recently been to Wuhan, China and have developed fever with cough or shortness of breath within 14 days of your travel or have had contact with someone who is suspected to have novel coronavirus stay home and call your health care provider immediately. If you do not have a healthcare provider or if you need to be seen at a hospital, do not go directly to the hospital. Please call the emergency room to get instructions before going in.

#### **Stay home when you are sick.**

Stay home from work and school and try to avoid errands when you are sick. This will help prevent spreading the illness to others.

“Students and staff with influenza symptoms including a fever, a cough or sore throat should stay home and not attend classes or participate in other group activities for at least 24 hours after the fever resolves without the use of fever-reducing medications,” says Pamela Kahn, Orange County Department of Education’s coordinator of Health and Wellness.

#### **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

#### **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by coughing, sneezing or unclean hands.

**Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. Here is a three-minute video from the CDC about proper hand washing: <https://youtu.be/eZw4Ga3ig3E>

**Practice other good health habits.**

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For more information, visit the Orange County Health Care Agency's website at: [http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel\\_coronavirus](http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus)

Student safety is a top priority and SVUSD staff will continue to closely monitor the situation and provide you with any necessary updates.

Thank you