

Dear Parents/Guardians:

As coverage of the coronavirus outbreak in China and subsequent positive cases in the United States continues, we are fielding an increasing number of questions from parents/guardians. Please know that, as we do in all health-related cases, we are receiving additional guidance from the Sacramento County Health Department, the California Department of Public Health and the Centers for Disease Control and Prevention (CDC).

According to the CDC, most people get infected with viruses in the coronavirus family at some point in their lives. The 2019 novel strain at the center of the current issue is a new one and has a more severe impact in terms of respiratory illness with fever, cough, and difficulty breathing. The CDC is still studying how the virus spreads, though it is thought at this point to be spread much like the flu.

The current recommended precautions to avoid exposure to the virus are the same precautions you would take to avoid the flu. To keep your family safe:

- 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.
- **Stay home when you are sick and do not return to work or school until you have been fever-free without the use of fever reducing medication for at least 24 hours. If your scholar is at home sick, they will be able to make-up missed work.**
- Cover your coughs or sneezes with a tissue and then throw the tissue in the trash; if tissues aren't available, cough or sneeze into the inside of your elbow.
- Clean and disinfect frequently touched objects and surfaces.

There is currently no vaccine to prevent COVID-19, but there is a vaccine for seasonal influenza which is recommended for all persons over the age of 6 months.

You may find additional information at:

**Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>**

Thank you for your cooperation to keep our children and our schools healthy.

Sincerely,

Kari Wehrly