



## NORTH COW CREEK ELEMENTARY SCHOOL

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**Date: March 3, 2020**  
**TO: North Cow Creek Families**  
**RE: Novel Coronavirus**

We understand that many of you are concerned about the recent outbreak of the Novel Coronavirus (COVID-19) in Wuhan, China and how it is impacting Americans. We have been in contact with our county public health department to monitor developments regarding an outbreak caused by COVID-19.

The Novel Coronavirus causes respiratory ailments and is typically spread by droplets produced when an infected person coughs or sneezes. It can also be transmitted by touching surfaces. Symptoms can include fever, cough and shortness of breath. The following home precautions have been provided by health agencies to prevent the spread of ALL infectious diseases, including common illnesses such as colds and flu:

- Stay home when sick. Students who have a fever of 100.4 should be sent home from school
- Remain at home until fever has been absent for at least 24 hours without the use of fever-reducing medicines
- Cover your nose and mouth with a tissue or your elbow when you cough or sneeze
- Wash hands frequently with soap and water or use hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces (some classes may use alcohol-based hand sanitizer)
- Get a flu vaccine to reduce illnesses and absences at school (but won't prevent coronavirus illnesses)
- Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing

According to the public health department they have also suggested that students/children don't seem to be impacted by the virus as much as adults. If a student does develop a fever at school the school should remove them from other students and place them in the school's sick room until picked up. Once leaving, the sick room should remain vacant for a minimum of 1 hour after which a thorough cleaning can be done to minimize any spread of germs.

For more up-to-date information about the novel coronavirus, see: Shasta County Health and Human Services website at <https://www.co.shasta.ca.us/index/hhsa/health-safety/current-health-concerns/coronavirus>.

Additional information is available on 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>.

The health and safety of our students and staff remains a top priority. We will follow all updated guidelines and continue to work with the county health department as this situation evolves. We will continue to post any updates on our website as needed.