

## Cold, Flu, and Novel Coronavirus Information

Good Afternoon,

The cold and flu season is underway. And here are some friendly reminders to help keep students, families, and staff healthy by practicing good health and hygiene habits.

The CDC recommends the following:

- Wash your hands often with soap and water for at least 20 seconds, if soap and water are unavailable use alcohol-based sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick.
- Practice good health habits
  - Clean and disinfect frequently touched surfaces at home, especially if someone is ill
  - Get plenty of sleep
  - Be physically active
  - Manage your stress
  - Drink plenty of fluids
  - Eat nutritious foods

If you or your child develop cold or flu-like symptoms, you can help protect others by:

- Staying home while you are sick, especially if you have a fever.
  - A fever is greater than 100 degrees and your child should be fever-free for 24 hours before returning to school.
- Avoiding close contact with others
- Covering the mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash can and wash your hands
- Cleaning and disinfecting objects and surfaces

In regard to concerns about the Novel Coronavirus which can cause respiratory illness, currently, there are no confirmed cases of the virus in San Bernardino County. The CDC suggests that the health risk to the general American public is considered low. As a district, we will continue to monitor this in our school health offices with guidance from various health agencies.

If you are concerned about symptoms you, your child, or a family member is experiencing, we recommend you contact your healthcare provider.

The health of our students is important and we appreciate your support and diligence.

Sincerely,

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