

Junction Elementary School District

Clay Ross, Superintendent
Shawn Martinez, Principal



9087 Deschutes Rd.
Palo Cedro, CA 96073
(530) 547-3274
(530) 547-4080 Fax
www.junctionesd.net

Board Members:
Hope Bjerke
Heather Richards
Ishmael Rivas
Ken Parisot
Adam Whelen

March 3, 2020

Dear Junction School District Families:

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. While there are no confirmed cases in Shasta County to this new coronavirus, the risk of exposure is increasing world-wide. Junction Elementary School District has 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. We urge all students, parents and staff to take the following precautions 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 will 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

Attached is a recent handout provided by the Centers for Disease Control (CDC) regarding COVID-19. 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/CED/DCDC/Pages/Immunization/nCOC2019.aspx> or Centers for Disease Control (CDC) website at <https://cdc.gov/coronavirus/2019-ncov/index.html>.

For many parents around the state, the rising crescendo of news about the Novel Coronavirus is disconcerting. The health and safety of our students and staff remains our top priority. Our district has health protocols and processes in place to ensure precautions are taken to prevent the spread of all infectious diseases. We will follow all updated guidelines and continue to work with the county health department as this situation evolves.

Sincerely,



Clay Ross
Superintendent

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses.

These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

