



On The Alert!

Date: **January 24, 2020**
Attention: **ASCIP Members**
Affected Department(s): **Health, Risk Management, Admin, & Staff**
Applicability: **CCD & K-12 Districts and Charter Schools**

CORONAVIRUS (2019-nCoV) AND DISTRICT RISK

It is flu season! Each year we seem to hear of a new strain of flu more aggressive than the last. The rapidly developing outbreak of novel coronavirus (nCoV-2019) in central China is sparking fears of a widespread health threat, a pandemic even, but right now there are as many questions as there are answers. What is clear is that the virus is transmitted between humans from coughing, sneezing and touching. Entering through the eyes, nose, and mouth, the virus finds a host cell in the respiratory system and infects it, after which the host cell bursts and infects other cells. The incubation period is up to two weeks.

The CDC continues to believe the risk of 2019-nCoV to the public at large remains low at this time. Nevertheless, this is a rapidly evolving situation.

The CDC will continue to update the public as circumstances warrant. Districts should continue to monitor CDC, California Department of Public Health, and local and county health departments for information and recommendations. All sources recommend the following preventive actions to stop the spread of germs during flu season:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home. Then remain at home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth as germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

In addition, employees that take care of a sick family member, should check with their doctor about risk of infection and be ready to take sick leave until confident of not being infectious and continuing the spread of the illness.

Additional Resources:

Sample Parent/Guardian Letter for Flu Season follows on page 2

<https://www.cdc.gov/coronavirus/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.cal-oshha.com/flash-report/coronavirus-dont-panic-but-be-prepared/>

<http://ascip.org/wp-content/uploads/2014/05/Flu-Prevention.pdf>

Please contact your ASCIP risk services consultant at (562) 404-8029 to discuss further.

SAMPLE PARENT/GUARDIAN LETTER FOR FLU SEASON

Subject: Cold and Flu Season Information and Tips

Dear Parents/Guardians,

Cold and Flu season is upon us. The California Department of Public Health (CDPH) reports that influenza, or “The Flu,” activity levels have increased over the past several weeks.

The 2019-2020 Flu Season has been complicated by recent reports of a novel coronavirus. Coronaviruses are a large family of viruses. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing. Currently, the Centers for Disease Control and Prevention (CDC) has said the risk of local transmission is low. [Click here to read the full press release](#) from the Los Angeles County Department of Public Health.

As a reminder, please do not send your child to school if they are feeling sick. Keeping your sick child home will be a great benefit for the health and wellness of our students and staff. Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough.

According to the CDC, the best way to prevent influenza is as follows:

Tips to Prevent The Flu:

- Get vaccinated every year
- Avoid close contact with sick people
- Frequent handwashing with soap
- Stay at home if you are experiencing flu-like symptoms
- Avoid touching your eyes, nose, and mouth
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.
- See [more prevention tips here](#) from the Centers for Disease Control and Prevention

The ___ School District will monitor updates from the CDC and the California Department of Public Health. They are encouraging you to seek medical care if you traveled to Wuhan, China since December 1, 2019, and you’ve develop a fever and/or respiratory symptoms within 14 days of your return.

We thank you for your cooperation and support.

Sincerely,