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Update on the Novel Coronavirus (COVID-19)

February 28, 2020

Dear Parents/Guardians of Happy Valley Students,

The Happy Valley Union Elementary School District (HVUSD) is committed to the health and safety of our students, staff, and families. We are monitoring data and information regarding the novel coronavirus closely. Coronavirus is a type of virus that causes diseases of varying severities ranging from the common cold to more serious respiratory diseases. The novel coronavirus (COVID-19) is a new strain of coronavirus that has not been identified before in humans.

HVUSD receives frequent updates from the California Department of Education and the Shasta County Office of Education (SCOE) regarding COVID-19. To date, there are no confirmed cases involving a COVID-19 infection that occurred within our county. According to the Centers for Disease Control and Prevention (CDC), the immediate health risk from COVID-19 for the general American public remains low, but schools can take common-sense precautions to prevent the spread of all infectious diseases. These precautions will be helpful to prevent COVID-19 and the spread of other common illnesses such as influenza and gastroenteritis:

- People who are sick should stay home from work or school until they are well (fever-free for at least 24 hours).
- Wash your hands frequently with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer when soap and water are not available.
- People who are sick should always cover their coughs and sneezes using a tissue or the crook of their elbow; wash your hands after using a tissue to wipe your nose or mouth.
- Avoid touching your eyes, nose, or mouth with your unwashed hands.

Happy Valley residents should contact their healthcare providers if they have symptoms and had close contact with someone with symptoms who traveled to China in the last 14 days. All travelers to the U.S. from China since February 2 have been asked to self-quarantine under the guidance of their local public health department for 14 days.

Please be assured that I will keep you apprised of updates regarding COVID-19 that pertain to our schools. Thank you for your support and partnership in keeping Happy Valley students and staff safe and protected. Should you have any questions, do not hesitate to contact me or your site principals.

Sincerely,

Helen Herd
Superintendent
Happy Valley Union Elementary School District

NOVEL CORONAVIRUS

What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

How is it spread?



Through coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Because novel coronavirus is new, we are learning more each day about the transmission patterns and incubation periods



People who have traveled to or from **Wuhan, China since December 1, 2019**, could have been exposed to the virus.

Seek medical care if you traveled to Wuhan and develop a fever and cough or respiratory symptoms within 14 days of your return.

What are the symptoms?



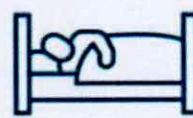
Fever



Cough



Difficulty Breathing



Severe Illness

How can I protect myself when I travel?

Travelers going outside the US

- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

If you traveled to Wuhan and feel sick

- Stay home and avoid contact with others
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.



COUNTY OF LOS ANGELES
Public Health