Coronavirus—Fact Page

What is Coronavirus (COVID-19): There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Covid-19 originated in China and is considered extremely low risk in the United States.

Facts about Coronavirus:

- To date there are 13 confirmed cases of COVID-19 in the United States and California has a total of 8 cases.
- As of February 21, 2020, there is one confirmed case of COVID-19 in Sacramento County.
- While the situation in China is unprecedented, public health departments in the US are working to prevent the spread of the disease. Measures being taken include disease surveillance, case identification and contact tracing.
- Currently, there is not an increased risk to the residents of Sacramento County, and the novel coronavirus is not circulating in our community. Since this is a new virus, we cannot predict how long the virus might continue to spread in mainland China or if it may spread in other locations.

What are the Symptoms? Clinical symptoms and features of the 2019-nCov include: Fever, cough, shortness of breath, and difficulty breathing, ***AND*** a history of travel to China in the last 14 days or contact with a person who was laboratory-confirmed with the virus or is under investigation for the 2019-nCoV while that person was ill. Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting and runny nose.

How is COVID-9 Transmitted?

Person-to-person spread

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Spread from contact with infected surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

When does spread happen?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

How Do I Protect Against Coronavirus?

- Practice good hand hygiene. Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Use Alcohol-based hand sanitizer when soap and water are not available.
- When coughing and sneezing, cover your mouth and nose with a tissue. You can also cough or sneeze into your sleeve. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Avoid sharing drinking glasses, cups, eating utensils, dishes, towels or other items. Wash these items thoroughly with soap and water after use.
- Avoid close contact with people who are sick whenever possible.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Stigma Associated with COVID-19:

Some people who have been exposed to COVID-19, such as returning travelers, emergency responders, people of Chinese and Asian descent, are facing stigma in their communities, regardless of whether they have been exposed to COVID-19.

Stigma can occur when people are associated with an infectious disease or a population, even though not everyone in that population or from that region is specifically at risk for the disease (for example, Chinese-Americans living in the United States).

There are many reasons for COVID-19 stigma:

- A lack of knowledge about how COVID-19 is spread.
- A need to blame someone for COVID-19.
- Gossip that spreads rumors, myths, and fears about COVID-19.
- Fear about disease and death.
- History has seen many instances of societies excluding, blaming, or devaluing those feared to have a disease.
- In many instances the discriminatory actions caused the health problem to worsen because those who felt stigmatized avoided seeking access to the health care and information they need.

Avoid stigmatizing behaviors, such as:

- Making negative comments in person or online about a group of people and COVID-19.
- Treating people of Chinese or Asian descent differently, or assuming they must have or can spread COVID-19.
- Avoiding businesses, such as restaurants or shops, owned by people of Chinese or Asian descent because of fear of COVID-19 infection.

Will my student be able to return to school if he/she travels to, or arrives from, an infected area?

Travelers from mainland China arriving in the United States since February 3, 2020, are excluded from school for 14 days, beginning the day after they left China.

What will the District do if there is a student with symptoms and an elevated risk? The District has an established protocol to follow. This protocol includes contact with parents, emergency personnel, County

and State Public Health Agencies, and CDC. In the event that a student is suspected of requiring a RISK ASSESSMENT the school will go on lockdown and the student or staff member will be isolated until County Public Health gives the District instruction on next steps. After all students and staff have left the building, the entire school will be sanitized with a US Environmental Protection Agency Registered Hospital Disinfectant with a label for a non-enveloped virus. All exposed surfaces will be sanitized as per guidelines established by the Center for Disease Control. Students may return to school the next day.