

Cold, Flu and Novel Coronavirus

The Liberty Union High School District is closely working with the Contra Costa County Health Services Department and monitoring the Novel Coronavirus and/or any other illnesses, such as the influenza (Flu), to prevent widespread illness in our district schools.



Symptoms

The novel coronavirus may cause mild to severe respiratory symptoms like:

- cough
- fever
- trouble breathing and
- pneumonia

The CDC believes at this time that symptoms may appear in as few as 2 days or as long as 14 days after exposure to the virus.

How Does Novel Coronavirus Spread?

Most of the early reported cases had contact with a seafood and live animal market, suggesting an animal source of the outbreak. However, most cases are now likely to be spread from person to person by droplets when coughing. Since this virus is very new, health authorities continue to carefully watch how this virus spreads.

Prevention

While there is currently no vaccine to prevent this virus, these simple steps can help stop the spread of this and other respiratory viruses:

- *Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.*
- *Avoid touching eyes, nose and mouth with unwashed hands.*
- *Avoid close contact with people who are sick.*
- *Stay home when sick.*
- *Cover coughs or sneezes with a tissue, and then throw the tissue in the trash.*
- *Clean and disinfect frequently touched objects and surfaces.*

The district will increase the frequency of sanitizing desktops, tabletops and doorknobs and is in the process of purchasing a large supply of hand sanitizers for each district school.

Further resources: <https://cchealth.org/coronavirus/>;
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>;