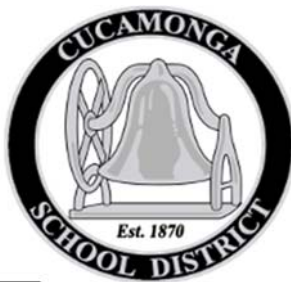


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Dear Cucamonga Families,

With flu season underway, and concerns about the novel coronavirus, we want to take this opportunity to remind parents to help us keep students healthy by practicing good flu-season hygiene. The CDC recommends that we:

On February 7, 2020, the California Department of Public Health (CDPH) issued a [guidance for schools and school districts](#) regarding COVID-19. According to CDPH, the health risk to the general public in California remains low, but schools and families can take common-sense precautions to prevent the spread of all infectious diseases.

- wash hands often with soap and water for at least 20 seconds
- avoid touching our eyes, nose, or mouth with unwashed hands
- avoid close contact with people who are sick
- staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

Because the risk of exposure to COVID-19 is increasing over time, the Centers for Disease Control and Prevention (CDC) has issued guidance indicating that **travelers from mainland China arriving in the United States, since February 3, 2020, should be excluded from school for 14 days, beginning the day after they left China.** Parents and guardians of any Cucamonga School District student(s) impacted by this travel guidance should contact their child's school office for assistance in arranging for independent study work to minimize the impact of any required absences on academic progress.

If you or a child develops cold or flu-like symptoms, you can help protect others by:

- staying home while you are sick, especially if you have a fever
- avoiding close contact with others
- covering mouth and nose with a tissue when coughing or sneezing, then throwing the tissue in the trash and washing hands
- cleaning and disinfecting objects and surfaces

In regard to concerns about the novel coronavirus, there are no confirmed cases of coronavirus in San Bernardino County to date. We will continue to monitor this in our school health offices, and with guidance from county, state, and federal health agencies. The risk of contracting the coronavirus in San Bernardino County (or anywhere in the United States) is currently considered low.

If you are concerned about any symptoms, you should see your healthcare provider for care and treatment.

For more information about the novel coronavirus, please refer to these agencies:

- San Bernardino County Office of Health: <http://wp.sbcounty.gov/dph/>
- SBC Statement – Coronavirus: <http://wp.sbcounty.gov/dph/wp-content/uploads/sites/7/2020/01/NR-County-monitoring-Novel-Coronavirus-reports-no-local-cases-1.pdf>
- Centers for Disease Control: <https://www.cdc.gov/>
- CDC Coronavirus info: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Ontario Airport Statement about coronavirus: <https://www.flyontario.com/corporate/news/ontario-international-airport-statement-regarding-coronavirus>