

CJUHSD parents and community:

With flu season underway, and concerns about the novel coronavirus (COVID-19), we want to take this opportunity to remind parents to help us keep students healthy by practicing good flu-season hygiene, and provide you with updates regarding governmental agency guidelines for public schools.

On February 3, the California Department of Public Health issued guidelines recommending 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. These guidelines, consistent with CDC recommendations, will be followed by the Chaffey District.

Additionally, consistent with the CDC and CDPH recommendations, we encourage our staff, students, and families to practice these hygiene habits:

- Wash hands frequently with soap and water for at least 20 seconds
- Avoid touching eyes, nose, or mouth with unwashed hands
- Use “respiratory etiquette” -- Cover cough with a tissue or sleeve. See [CDC’s Cover Your Cough page](#). Use tissues and dispose of immediately.
- Avoid close contact with people who are sick

If you or a child develops cold or flu-like symptoms, please protect others by following these guidelines:

- Staying home while you are sick, especially if you have a fever, and do not return until the fever has subsided for at least 24 hours without medication.
- 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](#)
- [SBC Statement – Coronavirus](#) (PDF)
- [Centers for Disease Control](#)
- [CDC Coronavirus info](#)

- California Department of Public Health

Information Updated: February 27, 2020