

Dear WISH Community,

We understand that there is a great concern about coronavirus (COVID-19). We want to take this opportunity to update you on continuing developments on the coronavirus and our efforts to keep our campus healthy during this flu season.

WISH is currently partnering with our local public health representative and we are continuously receiving updates from the <u>Centers for Disease Control</u> (CDC), which is monitoring the situation closely. As the CDC emphasized, there is not currently a coronavirus pandemic in the United States, and the number of cases across the U.S. is still small.

Furthermore, the Los Angeles County Department of Health confirms that there is no immediate threat to the general public and no special precautions are currently required for residents, students, and workers here in Los Angeles County.

In the meantime, however, we are updating our school emergency plans to include processes for continued operations, education, and student support in the event that greater steps need to be taken. We will be sharing these details with our community in the coming week.

The Centers for Disease Control and Prevention suggest the following ways to protect yourself against both illnesses:

- Wash your hands regularly with warm, soapy water. If you are unable to wash your hands, then using a hand sanitizer is a good second choice.
- Cover your mouth when you cough or sneeze, and use disposable tissues, then wash or sanitize your hands.
- Stay well hydrated and stay active. Drinking plenty of water and participating regularly in moderate exercise are both excellent ways to boost the immune system.
- Maintain a healthy diet, eating whole foods with plenty of vitamin-rich fruits and vegetables.
- If you have a fever, stay home. You are most contagious when you are with a fever, so stay home, stay hydrated, and get plenty of rest.
- Children should be fever-free for 24 hours before returning to school.

Again, we will continue to monitor and follow the local, national, and global health communities' recommendations and share updates and suggestions with the WISH Community regularly. The safety and wellbeing of our students is our top priority. Thank you for taking precautions to protect yourselves and others in our community. And, as always, we are here should you have any additional questions or concerns.

CORONAVIRUS - FAQ SHEET

Sincerely,

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and

Danelle Fisher, MD WISH Board President Community Pediatrician

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