



# TIPTON ELEMENTARY SCHOOL

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## Tiger Pride!

March 4, 2020

### 2019 Novel Coronavirus (COVID-19)

With the ongoing coverage of the 2019 novel Coronavirus, the Tulare County Office of Education feels it is a good time to provide helpful reminders on steps to prevent illness. The Tulare County Public Health Department recommends that everyone take normal precautions to prevent getting sick, as this is also the height of the cold and flu season.

We are working closely with the Tulare County Public Health Department, the California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) and other health partners to follow updated news and recommendations concerning the 2019 novel Coronavirus. Though serious, there is a low risk to the general public for anyone who has not traveled through China. Be aware that there are other coronaviruses that present like a common cold, not the same as the novel Coronavirus.

The virus causes respiratory illness. For up-to-date information regarding the novel coronavirus, see:

- Tulare County Health Department – Public Health website:  
<https://tchhsa.org/eng/index.cfm/public-health/covid-19-updates-novel-coronavirus/>
- Centers for Disease Control (CDC) website at:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**At this time, the health risk to the general public in California from novel Coronavirus remains low, but schools can take common-sense precautions to prevent the spread of all infectious diseases.**

The best way to prevent infection is to avoid being exposed to this virus. As a reminder, the CDC always recommends everyday preventive actions (which we encourage at schools) to help prevent the spread of respiratory viruses, including:

- Staying at home when you are sick
- Wash your hands often
- Avoid touching your face with unwashed hands
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- Encourage flu vaccine for those who haven't had it this season to reduce illnesses and absences on campus (but won't prevent Coronavirus illnesses)

We will continue to forward any updated guidance information from our health partners. You may call TCOE, School Health Programs at (559) 651-0130 if you have questions.

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