



Upland Unified School District
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Coronavirus (COVID-19) Communication #2

MARCH 2, 2020

Dear Upland Unified Families and Staff:

At the Upland Unified School District, we are closely monitoring developments around the novel coronavirus (COVID-19) and will continue to provide parents and the community information on precautions we all can take to safeguard our children, families and school campuses.

According to the [California Department of Public Health \(CDPH\)](http://www.cdph.ca), there are no confirmed cases of COVID-19 in San Bernardino County, and the risk of contracting the virus in the United States is still believed to be low, according to the [Centers for Disease Control & Prevention](http://www.cdc.gov). That said, we encourage students, families and our employees to follow these hygiene practices:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you 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.

Parents should be alert to early signs of illness such as fever, persistent cough, decreased appetite, nausea, poor skin color, watering eyes, change in personality, loose stools, or nasal discharge not related to allergies. Please do not send a child to school if he or she has been ill with a fever above 101 degrees within the past 24 hours. If your child is seriously ill, consult your physician or clinic without delay. Further, if your child has a communicable or infectious disease, please notify the school office, nurse, or health assistant immediately so that appropriate measures can be taken to protect other children in the class.

Thank you for your vigilance and support. In the meantime, if you would like additional information about the novel coronavirus, please link to these resources:

- [San Bernardino County Office of Health](#)
- [California Department of Public Health](#)
- [Centers for Disease Control & Prevention](#)
- [FAQs \(English\)](#)
- [FAQs \(Spanish\)](#)

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**Every Single Student...
Every Single Day**