



Upland Unified School District
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Coronavirus (COVID-19) Communication #3

MARCH 9, 2020

Dear Upland Unified Families and Staff:

This letter will provide an update on the most recent information we have regarding the Coronavirus disease (COVID-19) and the potential impact it may have on our schools and community. The safety of our students and staff is our primary focus and we will continue to provide updates as new information is available. As you may be aware, more cases have been confirmed in the United States and more are expected as the virus spreads. We continually monitor information as it is made available by the San Bernardino County Office of Education, San Bernardino County Department of Public Health, the California Department of Education, and the Centers for Disease Control and Prevention.

As of March 7, 2020, the Centers for Disease Control and Prevention reports 164 confirmed cases of Coronavirus (COVID-19) in the United States. Of those, 45 cases have been reported in California. Currently, there are no confirmed cases of the Coronavirus in our school district or in San Bernardino County. The County Department of Public Health (CDPH) has determined that the risk in our region remains low at this time. With that said, we will continue to consider and plan for the potential to initiate an emergency plan if deemed necessary.

To keep the virus from spreading, please keep sick children home.

COVID-19 is likely to spread in the same way as other respiratory illnesses like influenza. It is thought to spread from an infected person who has symptoms to others by:

- Via coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Exercising good health habits that prevent viruses such as the flu will decrease the risk of getting sick:

- Wash your hands often and do it thoroughly. Use soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol for at least 20 seconds
- Avoid touching your eyes, nose or mouth with unwashed hands
- Cough into a tissue or your elbow or sleeve (not your hands), then throw the tissue away and wash your hands
- Avoid contact with people who are sick
- Keep students at home if they do not feel well, appear to be ill, or running a fever
- Routinely clean and disinfect frequently touched objects and surfaces using regular household cleaning spray or wipes

We will continue to monitor new information as it becomes available. In addition, [this video](#) provides additional information about the Coronavirus (COVID-19). For additional information you can also access the following websites:

[San Bernardino County Office of Education](#)

[San Bernardino County Department of Public Health](#)

[California Department of Education](#)

[California Department of Public Health](#)

[Centers for Disease Control and Prevention](#)

[World Health Organization](#)

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Every Single Student...

Every Single Day