

⇒ **Practice other good health habits.**

- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For more information, visit the Public Health Department of Los Angeles County:  
<http://publichealth.lacounty.gov/media/Coronavirus/>

In order to maintain a safe and healthy campus, TCUSD asks our families to follow these guidelines and requirements for keeping your students home from school:

- A temperature of 100 degrees or above
- Students must be fever-free **without** fever-reducing medication (such as Tylenol or Motrin) for at least 24 hours before returning to school
- Vomiting and/or diarrhea. Student may return to school 24 hours after last episode
- Uncontrollable cough or wheezing or shortness of breath
- Suspected communicable disease (i.e. chicken pox)
- Suspected infections
- A rash of unknown origin – student may return to school when written authorization is received from the health care provider
- Students must stay home for the first 24 hours on antibiotic therapy

Lastly, based on the recommendation from Dr. Reynaldo from the Acute Communicable Disease Control Program, a subdivision of the Public Health Department of Los Angeles County, TCUSD does not endorse the idea of healthy students or staff wearing masks because of the following reasons:

- While wearing masks, people tend to bring their hands to their mouth and nose areas more often than they do while not wearing masks, which then perpetuates the spread of illness.
- Masks will be used for students who become ill and need to be isolated before going home so when healthy students wear these masks, confusion can arise when addressing student needs.

In order to help prevent the spread of illness during flu season and the concern of this new virus 2019-nCoV, TCUSD will continue to take the following preventative measures:

- Clean and sanitize desktops each day
- Allow and encourage students and staff to wash hands frequently or use hand sanitizer when hand washing is not possible (campuses will be equipped with available hand sanitizer)
- Remind students and staff to cough or sneeze into their bended elbow or cover with a tissue
- Immediately discard any used tissues (do not reuse)
- Send any staff member or student home who is presenting signs of illness such as fever and or severe coughing
- Direct all staff and students with illness to follow the rule that anyone with symptoms must be fever free (without medication) for 24 hours before the return to the campus.

TCUSD staff will continue to closely monitor the situation regarding this new virus and other health related concerns occurring during this flu season. If needed, TCUSD will work with the appropriate health care agencies and provide additional updates. Please know that the safety of our students and staff is our top priority. If we all follow these important guidelines, we can help to keep our community healthy. Please share this information with your fellow community members and any caregivers who spend time with your children.

Thank you for your cooperation.

Sincerely,

*Kimberly Fricker*

Kimberly Fricker, Ed.D.  
Superintendent of Schools