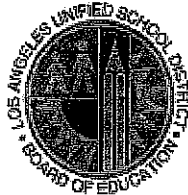


## **Actions to Prevent the Spread of COVID-19**



*LA Unified is taking steps to slow the spread of COVID-19.*

**Stay Clean:** The current recommended precautions to avoid exposure to the virus are the same precautions you should take to avoid the flu.

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your coughs or sneezes with a tissue and throw the tissue in the trash. If tissues aren't available, cough or sneeze into the inside of your elbow. Then wash your hands.
- Clean and disinfect frequently touched objects and surfaces.

Please [watch our videos at lausd.net](http://lausd.net) for more information about hygiene practices.

**Stay Home:** As with any illness, please stay home when you are sick and do not return to work or school until your temperature is below 100 degrees without the use of fever-reducing medication for at least 24 hours.

- Send students, teachers, and staff who exhibit a fever and/or respiratory infection symptoms home as soon as possible. When feasible, identify an isolated location for those waiting to go home.

**Be Aware:** Up-to-date information can be found at [lausd.net](http://lausd.net).

- Coordinate with all partner organizations serving students to share updated information and ensure consistent practices.

**Contact Us:** We have established a phone hotline at (213) 443-1300, which is open from 6 a.m. to 5 p.m. Monday through Friday. Please feel free to call with any questions about the COVID-19 virus.



### **What is a novel coronavirus?**

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.

### **Why is the disease being called the coronavirus disease 2019, or COVID-19?**

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as "2019 novel coronavirus" or "2019-nCoV".

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The name of this disease was selected following the World Health Organization (WHO) best practice for naming of new human infectious diseases.

### **Why might someone avoid or blame individuals or groups (create stigma) because of COVID-19?**

People in the U.S. may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma, for example, towards Chinese or other Asian Americans or people who were in quarantine.

Stigma is discrimination against an identifiable group of people, a place, or a nation. Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.

Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease that is causing the problem.

### **How can people stop stigma created by COVID-19?**

People can fight stigma and help, not hurt, others by providing social support. Counter stigma by learning and sharing facts. Communicating the facts that viruses do not target specific racial or ethnic groups and how COVID-19 actually spreads can help stop stigma.

## **Can someone who has COVID-19 spread the illness to others?**

The virus that causes COVID-19 is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.

How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with doctors, infection prevention and control experts, and public health officials and involves considering specifics of each situation including disease severity, illness signs and symptoms, and results of laboratory testing for that patient.

Current CDC guidance for when it's okay to release someone from isolation is made on a case-by-case basis and includes meeting all of the following requirements:

- The patient is free from fever without the use of fever-reducing medications.
- The patient is no longer showing symptoms, including cough.
- The patient has tested negative on at least two consecutive respiratory specimens collected at least 24 hours apart.

Someone who has been released from isolation is not considered to pose a risk of infection to others.

## **How can I help protect myself?**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For the full text, please visit: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics>

3/9/2020



**Health Education Supports by Grade Level**

**ELEMENTARY SCHOOL**

Health Textbook: *Health & Wellness*, Macmillan/McGraw Hill

<b>Kindergarten:</b>	<p><b>Chapter 5: A Clean and Fit You (Pg. 61-67)</b>  <u>Big Book</u> Pg. 12-13: Set Health Goals</p> <p><b>Chapter 8: Staying Well (Pg. 109-113)</b>  <u>Big Ideas Book</u> Pg. 42-43, What do you do to Stay Well?</p>
<b>Grade 1:</b>	<p><u>Big Life Skills:</u>  <b>Chapter 5:</b>      Pg. 12-13 Practice Healthful Habits</p> <p><u>Big Ideas Book:</u>  <b>Chapter 5:</b>      Pg. 20-21 How can you Look and Feel Your Best  <b>Chapter 8:</b>      Pg. 36-37 How can you Stay Well?  <b>Chapter 9:</b>      Pg. 40-41 How can you Choose Health Products Wisely?</p>
<b>Grade 2:</b>	<p><b>Chapter 4:</b> Pg. 86-87 Lesson 10: How Germs Spread, Help Other be Healthy. <u>Reader</u> Pg.14-15</p> <p><b>Chapter 5: Keeping Clean and Fit</b>  <u>Health Big Book</u>      Pg. 20-21 What do you do to Stay Clean, Healthy, and Fit</p>
<b>Grade 3:</b>	<p><b>Chapter 8: Communicable and Chronic Diseases (D34-D45)</b>      D37 Washing Hands Correctly (illustration)      D44-45 Practice Healthful Behaviors (activity)</p>
<b>Grade 4:</b>	<p><b>Chapter 4 Nutrition</b>      B54 Table Manners (handwashing)      B64 Foodborne Illness (handwashing)</p> <p><b>Chapter 8: Communicable and Chronic Diseases (D38-D49)</b>      D38 Quick Start – Passing Pathogens (handwashing)      D42 Keeping Pathogens from Spreading (handwashing)      D49 Your Healthful Habits (handwashing)      D54 Set Health Goals (activity)</p>
<b>Grade 5:</b>	<p><b>Chapter 1: Mental and Emotional Health</b>      A6 Lesson 1 Practice Healthful Habits (handwashing)</p> <p><b>Chapter 4: Nutrition</b>      B52 Lesson 3 Wash Hands, Foods, and Utensils</p>

Los Angeles Unified School District  
 Division of Instruction  
 Health Education Programs

	<b>Chapter 8: Communicable and Chronic Diseases (D42-D58)</b> D48-49 How Pathogens Enter your Body, Reducing Risk, Practice Healthful Behaviors (activity) D54 Habits to Form (list)
<b>Grade 6:</b>	<b>Chapter 6: Violence and Prevention Injury</b> C63 Being Safe at Home and Outdoors  <b>Chapter 8: Communicable and Chronic Diseases (D48-D55)</b> D52 Handwashing (illustration) D55-55 Avoiding Communicable Diseases (chart)

**MIDDLE SCHOOL**

**Health Textbook:** *Teen Health A*, Glencoe (Grade 6)  
*Teen Health B*, Glencoe (Grade 7)

<b>Grade 6</b>	<b>Chapter 7: Causes of Diseases (Pg. 180-190)</b> Pg. 189 Handwashing for Health
<b>Grade 7</b>	<b>Chapter 12: Understanding Communicable Diseases (Pg. 330-359)</b> Pg. 353-354 Handwashing

**HIGH SCHOOL**

**Health Textbook:** *Lifetime Health*, Holt

<b>Grade 9</b>	<b>Chapter 13: Protecting Yourself from Infectious Diseases (Pg. 322-328)</b> pg. 327-328 (handwashing)  <b>Chapter 21, Section 3:</b> Pg. 506-507 – Practice Universal Precautions  <b>Express Lesson:</b> Pg. 552-555 – Public Health
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For questions or comments, please contact:

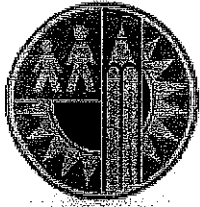
Timothy Kordic  
[timothy.kordic@lausd.net](mailto:timothy.kordic@lausd.net)  
 (213) 241-3519.

## Staying Healthy Tips for Students, Families and Staff

- **Avoid close contact**
  - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
  
- **Stay home when sick**
  - Remain at home until fever has been gone for at least 24 hours without the use of fever-reducing medicines.
  - Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing.
  
- **Cover your Mouth and Nose**
  - Cover cough with a tissue or sleeve.
  - Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
  
- **Wash hands frequently**
  - Encourage 20-seconds of hand washing by students and staff through education, scheduled time for handwashing, and have adequate supplies.
  
- **Avoid touching your eyes, nose or mouth**
  - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
  
- **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.

**DISTRITO ESCOLAR UNIFICADO DE LOS ÁNGELES**  
**Cómo mantenerse saludable**  
**Consejos para estudiantes, familias y personal**

- **Evitar el contacto cercano**
  - Evite el contacto cercano con las personas que están enfermas. Si usted está enfermo, mantenga la distancia de los demás para protegerlos y evitar que ellos también se enfermen.
  
- **Quedarse en casa si está enfermo(a)**
  - Permanezca en casa hasta que la fiebre haya desaparecido al menos por 24 horas sin haber usado medicamentos para bajar la fiebre.
  - Busque atención médica inmediata si los síntomas se vuelven más graves, por ejemplo, fiebre alta o dificultad para respirar.
  
- **Cubrirse la boca y la nariz**
  - Cubra la tos con un pañuelo o una manga.
  - Proporcione fácil acceso a suministros, incluyendo pañuelos de papel desechables y botes de basura que no necesiten tocarse.
  
- **Lavarse las manos con frecuencia**
  - Animar a que los estudiantes y el personal se laven las manos durante 20 segundos a través de la educación, durante el tiempo programado para lavarse las manos, y proporcionando los suministros adecuados.
  
- **Evitar tocarse los ojos, la nariz o la boca**
  - Los gérmenes comúnmente se transmiten cuando una persona toca algo que está contaminado con gérmenes y luego se toca sus ojos, nariz o boca.
  
- **Practicar otros buenos hábitos de salud**
  - Limpie y desinfecte las superficies que se tocan más frecuentemente en el hogar, el trabajo o la escuela, especialmente si alguien está enfermo.
  - Duerma bien, manténgase físicamente activo(a), controle su estrés, beba bastantes líquidos, y coma alimentos nutritivos.



## Instructional Continuity

LA Unified is committed to ensuring the health and well-being of students and staff and providing a safe, secure learning environment for all. In the event of a school closure, please refer to the following resources to help you continue your learning while at home.

### STUDENT RESOURCES

#### General Resources

- ⊗ Access to **LAUSD Digital Library & LAUSD Destiny** resources
  - ⊗ Available in Schoology's Top App Menu
  - ⊗ Also available at [achieve.lausd.net/Page/15747](http://achieve.lausd.net/Page/15747)
- ⊗ Edgenuity [www.edgenuity.com/lausd/](http://www.edgenuity.com/lausd/)
  - ⊗ Elementary Quick Start: [bit.ly/ESEdgenuity](http://bit.ly/ESEdgenuity)
  - ⊗ Middle School Quick Start: [bit.ly/MSEdgenuity](http://bit.ly/MSEdgenuity)
  - ⊗ High School Quick Start: [bit.ly/HSEdgenuity](http://bit.ly/HSEdgenuity)
- ⊗ PBS Learning Media: [ca.pbslearningmedia.org/](http://ca.pbslearningmedia.org/)
- ⊗ Khan Academy:
  - ⊗ General Practice for K-12: [khanacademy.org](http://khanacademy.org)
  - ⊗ SAT and ACT Practice for Grade 10 and 11: [bit.ly/38y3xNc](http://bit.ly/38y3xNc)
- ⊗ KLCS [klcs.org](http://klcs.org)



#### Schoology Resources

- ⊗ Log In: [lms.lausd.net](http://lms.lausd.net)

#### Troubleshooting

#### Support

- ⊗ Contact LAUSD Hotline Support at **213-443-1300** for:
  - ⊗ Student PIN
  - ⊗ Password Reset
- ⊗ LAUSD COVID-19 News: [achieve.lausd.net/latestnews](http://achieve.lausd.net/latestnews)

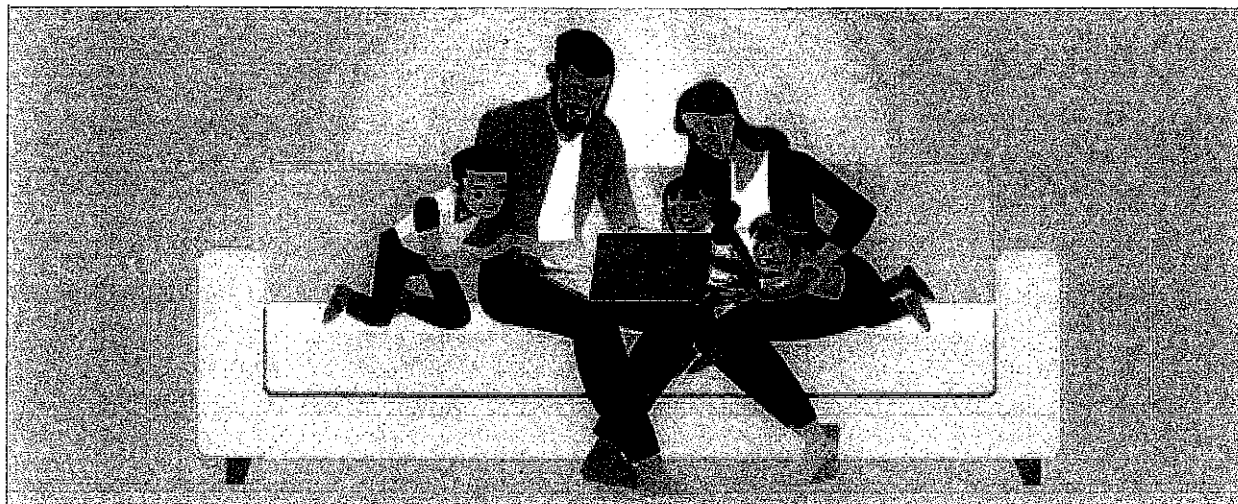




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### PARENT RESOURCES



- Log in to Parent Portal: [parentportalapp.lausd.net/parentaccess/](https://parentportalapp.lausd.net/parentaccess/)
- Access Grades and Assignments from Parent Portal: [bit.ly/PLSGandA](https://bit.ly/PLSGandA)
- Linking Parent Portal to Schoology:
  - English: [bit.ly/PPtoSGYlink](https://bit.ly/PPtoSGYlink)
  - Spanish: [bit.ly/PPtoSGYlinkSP](https://bit.ly/PPtoSGYlinkSP)
- Login to the Mobile App
  - English [bit.ly/PLSMobileAppE](https://bit.ly/PLSMobileAppE)
  - Spanish [bit.ly/PLSMobileAppS](https://bit.ly/PLSMobileAppS)
- Using Parent Portal to Message Teachers and Access Grades [bit.ly/PLSAccessGrades](https://bit.ly/PLSAccessGrades)
- KLCS [klcs.org](https://klcs.org)
- Edgenuity [www.edgenuity.com/lausd/](https://www.edgenuity.com/lausd/)

#### Troubleshooting

- [achieve.lausd.net/Page/10470](https://achieve.lausd.net/Page/10470)
- LAUSD Hotline Support (213) 443-1300

#### Support

- [achieve.lausd.net/Page/10470](https://achieve.lausd.net/Page/10470)
- LAUSD COVID-19 News: [achieve.lausd.net/latestnews](https://achieve.lausd.net/latestnews)