



NORWALK - LA MIRADA UNIFIED SCHOOL DISTRICT  
Every Student. Future Ready. Our Promise!

**March 12, 2020**

## **Frequently Asked Questions: Coronavirus, COVID-19**

### **What is a “coronavirus”?**

A coronavirus causes diseases ranging from the common cold to more serious respiratory illness. The COVID-19 virus is a new strain which has a more severe impact in terms of respiratory illness, with fever, cough and difficulty breathing. There is currently no vaccine for COVID-19, but there is a vaccine for seasonal flu, which is recommended for all people over the age of 6 months. According to the Centers for Disease Control and Prevention (CDC), most people get infected with a coronavirus at some point in their lives.

### **Are children at a higher risk of getting sick from COVID-19 compared with adults?**

No. Health officials say very few children thus far have been infected with COVID-19, and those who have tested positive experienced milder symptoms than older patients.

### **Is it safe to send my child to school?**

Yes. There have not been any cases of the illness found in our schools. Public health authorities say it is safe to maintain regular school and work schedules.

### **How can I protect myself against COVID-19?**

The CDC recommends taking the same measures you would do to prevent getting or spreading the common flu. These include:

- Regularly wash your hands with soap and water for at least 20 seconds or, if unavailable, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your sneeze or cough with a tissue, then immediately dispose of the tissue. If tissues are unavailable, cough or sneeze into the inside of your elbow, then wash your hands.
- Stay up-to-date with the flu vaccine and all other vaccinations.
- Avoid close contact with people who are sick.



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- Stay home if 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 72 hours.

### **Should students and school staff wear surgical masks to protect themselves?**

The CDC and World Health Organization recommend masks only if you are coughing or sneezing to block the droplets from getting into the air. BUT if you are coughing or sneezing, stay home.

### **Why is handwashing so important?**

Handwashing for 20 seconds helps prevent the spread of disease.

### **What is the school district doing to prevent the spread of COVID-19?**

Schools are cleaned daily by our custodial staff, who use a disinfectant solution to sanitize restrooms, drinking fountains, and lunch and food-preparation areas. They also are ensuring that all restrooms are equipped with hand soap.

### **Where can I go for more information?**

Information is available on the Norwalk La Mirada website [www.nlmusd.org](http://www.nlmusd.org) the Center for Disease Control and Prevention 800-232-4634; and the Los Angeles County Department of Public Health 211.