



CYPRESS SCHOOL DISTRICT

Office of the Superintendent

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March 10, 2020

Dear Cypress School District Community:

On Saturday, March 7, the California Department of Public Health issued new guidance for school districts regarding COVID-19 and expanded its recommendations for student and staff exclusion from school.

School districts are now being asked to exclude students, teachers, or staff who have a travel history in the last 14 days to countries that have a Level 3 Travel Health Notice issued by the Centers for Disease Control and Prevention (CDC). To date, these countries include China, Iran, Italy, and South Korea. Students and staff will be excluded from school for a 14-day period from the day they left the affected country. As this continues to be an evolving situation, we recommend parents and staff check the [CDC website](#) regularly for updates to this list if planning international travel over spring break. Additionally, anyone who has been in close contact with someone diagnosed with COVID-19 will also be excluded from school for 14 days from the day of their last exposure.

During this 14-day period, students, staff members, and their families should monitor their health and practice social distancing as recommended by the CDC. These steps include:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places such as shopping centers and movie theaters and limit your activities in public.
5. Keep your distance from others (about six feet or two meters).

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, you should:

- Seek medical care. Call ahead before going to a doctor's office or emergency room.
- Tell the doctor about recent travel or possible COVID-19 exposure and current symptoms.
- Avoid contact with others.

**Based on the CDC's current assessment, the immediate risk of being exposed to COVID-19 is considered low.** However, to minimize the transmission of this and other respiratory illnesses, the CDC recommends the following.

- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the restroom; 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 percent alcohol.

*We inspire and empower . . . Every student, Every moment, for Every opportunity!*

Board of Trustees: Candice Kern • Sandra Lee • Brian Nakamura • Bonnie Peat • Lydia Sondhi, Ph.D.  
Superintendent: Anne Silavs

The CDC does not recommend that people who are well wear facemasks to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

For the most up-to-date information on COVID-19, we invite you to visit the following websites:

[Centers for Disease Control and Prevention](#)  
[California Department of Public Health](#)  
[Orange County Health Care Agency](#)  
[Orange County Department of Education Newsroom](#)

Finally, we want to assure parents and staff that Cypress School District is working closely with state and county agencies. District practices are quickly updated as new information and recommendations are received from local health authorities. By working together, we can collectively reduce our risk of viral illnesses and keep our school community healthy and safe!

Sincerely,



Anne Silavs  
Superintendent