



MESSAGE FROM THE SUPERINTENDENT



Feb. 26, 2020

Dear CFISD community –

While we continue to closely work with local and federal health authorities to monitor the developing situation surrounding the COVID-19 coronavirus (see attached fact sheet from Harris County Public Health), here is a quick update:

Currently, **there are no confirmed cases of COVID-19 in Harris County**. Human coronaviruses most commonly spread from an infected person to others through:

- Coughing and sneezing;
- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands; and
- Rarely, fecal contamination.

State medical experts indicate that the best ways to prevent the spread of COVID -19 are the same recommendations for preventing the spread of the flu.

- Wash your hands often with soap and water for at least 20 seconds (see the [CDC website](#) for more information on handwashing).
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.
- Receive a flu vaccine if you are over the age of 6 months.
- Follow the CDC's recommendations regarding the use of facemasks. Facemasks are not recommended for people who are well 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 or by health workers and people who are taking care of someone with COVID-19 symptoms.

All CFISD campuses have wall-mounted soap dispensers in restrooms and free-standing hand sanitizer dispensers at the building and cafeteria entrances.

In addition, our campus custodial staff will continue to disinfect campuses each day with hospital-grade products to help offset the spread of communicable illnesses.

Did you know that CFISD employs Registered Nurses at all 91 campuses (which is above and beyond what is required)? We are proud of our Health Services Department in CFISD, for the day-to-day medical care they offer our students and for their regular communication with local and federal health officials during outbreaks like coronavirus.

I will keep you informed as we receive additional information. It takes all of us working together to ensure healthy learning environments.

Sincerely,

Mark Henry, Ed.D.
Superintendent of schools

2020 *Harris County Public Health* **Novel Coronavirus (COVID-19)**

WHAT IS A CORONAVIRUS?



Coronaviruses are a large family of viruses. Common human coronaviruses can cause mild to moderate upper-respiratory tract illnesses, such as the common cold. There have been coronaviruses that have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

NOVEL CORONAVIRUS (COVID-19)

A new coronavirus emerged in Wuhan, China, in December of 2019 and is currently referred to as the 2019 Novel Coronavirus, or COVID-19. There are now cases of COVID-19 reported in the United States.

At this time, according to the Centers for Disease Control and Prevention (CDC),
the risk to the general public is considered to be LOW.

SYMPTOMS

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms. However, there have been deaths from COVID-19 infection. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

The following are typical symptoms of COVID-19:

Fever



Cough



*Shortness
of Breath*



PREVENTION & PROTECTION



There is currently no vaccine or specific treatments at this time for the COVID-19. The best way to prevent infection is to avoid being exposed to this virus.

As a reminder, HCPH always recommends everyday preventive actions to help avoid the spread of respiratory viruses, including:

- 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, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze, and then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces

RECENT TRAVEL

If you traveled to China **in the last 14 days** and feel sick with fever, cough, or difficulty breathing, you should take the above precautionary measures and:

- Contact your healthcare provider right away. Before you go to a doctor's office or emergency room, **call ahead** and tell them about your recent travel and your symptoms.
- Avoid contact with others.



If you have recently traveled to where the virus has been confirmed (and/or have been in contact with someone who has) and now feel sick, **contact your healthcare provider or your local health department immediately.**

FUTURE INFORMATION

As things change with this disease, stay tuned for additional information from credible sources and remember to get your flu shot every year.

For more information on the COVID-19, please visit

www.hcphtx.org/nCoV

Sources of information:

Texas Department of State Services (DSHS)
Centers for Disease Control and Prevention (CDC)
World Health Organization (WHO)