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Dear Elk Grove Unified Staff and Families,

Now that novel coronavirus (COVID-19) is circulating in the U.S. and Northern California communities, it is imperative that we remember that we are still in a cold and flu season and mitigation and preparedness are critical measures everyone can take to help stop the spread of any communicable disease.

Additionally, as members of Elk Grove Unified, we all care deeply about Healthy Bodies, Healthy Minds and Healthy Learning. This means that we not only work to protect the health and well-being of our students, staff and families by properly washing our hands, covering our coughs and/or sneezes and staying home if we have a fever or not feeling well; we also protect our staff and students through behavioral and mental health means by helping to reduce student, staff and family anxiety, fear, shame and vulnerability.

Currently, we are working very closely with Sacramento County Public Health as they continue to perform their contact analysis of people who have potentially been exposed to COVID-19 either as travelers or because of a connection to a family member. As part of this analysis, less than a dozen of our Elk Grove Unified families have been contacted. For those cases, Sacramento County Public Health has issued precautionary measures quarantine or isolate individuals. Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

Additionally, due to FERPA laws, specific student, family and/or staff information is strictly confidential. Should additional people need to be notified of a public health contact analysis, Elk Grove Unified will work closely at the direction of public health to provide such communication.

In our efforts to keep students, families and staff safe by taking steps to mitigate the spread of COVID-19, we also need to help reduce anxiety and fear for students, families and staff by mitigating the spread of rumors, blame and/or false information.

In order to be better prepared to stay safe and calm, everyone can do their part by being informed about what COVID-19 is, what the symptoms are, practice preventative measures and help reduce anxiety and misinformation.

Sincerely,
EGUSD Communications

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[Learn and Stay Updated About Novel Coronavirus](#)

It is important to know that COVID-19 is a respiratory virus and is thought to spread through respiratory droplets produced when an infected person coughs or sneezes. These droplets can cause exposure when they land in the mouths or noses of people who are nearby or are transferred to the face by the hands.

Symptoms of COVID-19 may include:

- Fever
- Cough
- Shortness of breath

Prevention tips:

- Keep sick children home from school.
- Cover your mouth and nose when you cough or sneeze with tissues or coughing in your elbow. Colds and flu are spread from person to person in respiratory droplets of coughs and sneezes.
- If some of the people in your home are sick with the flu-like symptoms, keep them away from the other people who are not sick.
- If you or members of your family are sick, please consult your health care provider for treatment.
- Be sure to wash your hands for 20 seconds with soap and water. If soap and water are not available, then an alcohol-based disposable hand wipes or gel may be used.
- Dispose of all tissues in the trash immediately after use – and then wash hands.

Student, Staff and Family Resources

- [Parent Resource from NASP About Talking to Children About COVID-19](#)
- A [cartoon/video resource targeting younger viewers](#)
- A [comic-edition piece from NPR](#) that focuses on the COVID-19 topic
- Dr. Lin [video from CBC/Radio-Canada](#) with detail about COVID-19
- New York Times Article on [talking with teens about the virus](#)