



CHALLENGER®

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February 4, 2020

Dear Challenger Parents and Staff,

To keep residents informed and aware of the local status of the novel coronavirus, the County of Santa Clara Public Health Department has asked schools to communicate the following information:

1. If you have students or staff who have been in Hubei province within the last 14 days, please ask them to immediately return home and call the public health department during regular business hours (408-885-3980, Monday–Friday, 8 a.m.–5 p.m.) so that it can provide guidance on monitoring themselves carefully for symptoms for the 14 days since their last day in China.
 - a. Family members of travelers who visited Hubei province within the last 14 days do not need to quarantine at home, but they should also monitor for symptoms and avoid attending large gatherings.
2. Students or staff who have been to other areas of mainland China (this excludes Hong Kong) within the last 14 days should also not come to school. They should monitor themselves for symptoms for the 14 days since their last day in China. Per federal guidance being released today, they should also call the public health department during regular business hours (408-885-3980, Monday–Friday, 8 a.m.–5 p.m.) for further guidance.

Challenger School is in compliance. We're providing this information as a reference.

You will find attached information provided by the Santa Clara County Public Health Department that includes additional instructions and precautions. If you have questions, you may find the County of Santa Clara Public Health Department's website to be helpful: sccphd.org/coronavirus.

We appreciate your preventative efforts to remain informed and healthy.

Sincerely,

Dave Munteer
California Executive Region Director

What You Need To Know About Novel (New) Coronavirus



IF YOU HAVE TRAVELED

Travel to countries where the novel coronavirus is circulating.

Watch for symptoms

Closely monitor your health for 14 days after you have returned. Symptoms of this virus include fever, cough or shortness of breath.

Avoid spreading germs: Do not go to an emergency department unless your symptoms are severe, such as having trouble breathing.

If you do not have symptoms

If you begin to get symptoms, stay home, wear a mask and call your healthcare provider. Tell them your travel history and your symptoms.

If you do have symptoms

If you are sick with fever, cough or shortness of breath, you should:

- Call your healthcare provider right away. If you need to go to a doctor's office, call ahead, wear a mask and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- In addition to wearing a mask, wash your hands often with soap and water for at least 20 seconds to limit the spreading the virus to others.

IF YOU HAVE NOT TRAVELED

You can protect yourself and others from any respiratory virus.

- Wash your hands with liquid soap and water, rub for at least 20 seconds.
- Keep tissues and hand sanitizer in your car, purse, backpack and other places.
- Avoid shaking hands.
- Don't cough or sneeze into your hands. Use a tissue or sneeze into you sleeve or arm.
- Avoid touching your face, especially your eyes, nose and mouth.
- Stay home if you are sick with any respiratory symptoms, such as fever, cough or shortness of breath, or if you are feeling tired.
- Avoid large gatherings of people.

Wear a mask if you feel ill

If you have a cold, flu or other viruses, you can protect family, friends and coworkers from your germs by wearing a mask.

Stay Informed

County of Santa Clara Public Health
Department: sccphd.org/coronavirus

If you are feeling anxious **1-855-278-4204** is an anonymous crisis line available 24 hours, 7 days a week.

Text **RENEW to 741 741** (Press 2 for Spanish).



Santa Clara County
PUBLIC HEALTH

您需要瞭解的內容 新型冠狀病毒



如果您曾經旅行過

前往新型冠狀病毒傳播的國家

觀察症狀

回來後，密切監測您的健康 14 天。該種病毒的症狀包括發燒、咳嗽或呼吸急促。

避免傳播病菌：不要去急診室，除非您的症狀很嚴重，比如呼吸困難。

如果您沒有症狀

如果您開始出現症狀，請待在家裡，戴上口罩，給醫護人員打電話。告訴他們您的旅行史和症狀。

如果您有症狀

如果您出現發燒、咳嗽或呼吸急促，您應該：

- 馬上致電您的醫生。如果您需要去醫生診所，提前打電話，戴上口罩，通報他們您最近的旅行和您的症狀。
- 避免與他人接觸。
- 除了戴口罩外，還要用肥皂和水勤洗手至少 20 秒，以阻止病毒傳播他人。

如果您沒有旅行過

您可以保護自己和他人免受任何呼吸道病毒的侵害。

- 用液態肥皂和水洗手，搓拭至少 20 秒。
- 將紙巾和酒精乾洗手液置放於汽車、錢包、背包等其它地方。
- 避免握手。
- 不要往手上直接咳嗽或打噴嚏。應該往您的袖子或手臂打噴嚏或使用紙巾。
- 避免觸摸您的臉，尤其是眼睛、鼻子和嘴巴。
- 如果您患有任何呼吸道症狀 (如發燒、咳嗽或呼吸急促) 或感到疲倦，請留在家中。
- 避免大型人群聚會。

如果您感到不適，一定要戴口罩

如果您有感冒、流感或其他病毒，您可以藉由戴口罩保護家人、朋友和同事免受病菌感染。

隨時瞭解情況

聖塔克拉拉縣 (County of Santa Clara)
公共衛生局: sccphd.org/coronavirus

如果您感到焦慮

1-855-278-4204: 匿名精神健康服務危機求助熱線每週 7 天、每天 24 小時提供服務



Santa Clara County
PUBLIC HEALTH