

With the cold and flu season upon us and concerns about the novel coronavirus, now named COVID-19, we wanted to continue to provide you the most recent information from the Placer County Public Health Office about COVID-19 and share important tips to help you stay healthy this season.

As of March 5, county health officials report there has been two confirmed cases of novel coronavirus in Placer County. According to county officials, further transmission is expected nationally and locally and the time to prepare is now.

Please access the video update from Placer County Public Health Office. <https://www.placer.ca.gov/coronavirus>

Students and school staff should continue to practice the same precautions that they normally do during cold and flu season. To help prevent the spread of respiratory viruses, including the coronavirus and flu, follow these important tips:

- 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, 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.
- The CA Department of Public Health does not recommend the use of face masks for general prevention and states handwashing provides better protection from infectious diseases.

As a reminder, if your child is sick, please keep them home from school. All children and staff members with fever (>100.4 F) or flu-like symptoms should remain home from school and other activities until they have no fever for 24 hours, without fever reducing medication.

At this time we are working closely with our partners in education at the Rocklin Unified School District and Placer County Office of Education and the Placer County Public Health professionals to establish protocols for schools and prepare for possible future school disruptions. The situation is prone to changes as developments occur. In the near future, we may need to take action to slow the spread of COVID-19. We will be continually monitoring new developments and will reevaluate our next steps based on public health recommendations. Please our [COVID-19 FAQ](#) for additional information specific to this situation.

If we receive any additional information that is important to the safety of students, we will share it with you immediately. Unless otherwise informed, please plan for all regular school activities to continue as scheduled.