

March 10, 2020

San Marcos Unified School District Community:

The San Marcos Unified School District (SMUSD) takes the safety of our students and staff very seriously. SMUSD continues to closely monitor the situation regarding the 2019 novel coronavirus (COVID-19). We remain in close contact with public health officials and will comply with all of their guidance.

The Centers for Disease Control and Prevention (CDC) has issued new guidance for people who have [traveled to countries with widespread, ongoing transmission of COVID-19.](#)

At this time, people who have traveled to China, Iran, Italy, Japan or South Korea (Level 2 and 3 Travel Health Notice countries) are asked to stay home for 14 days from the time they left an area with widespread, ongoing community spread, and practice social distancing.

Specifically, the CDC advises people who have traveled to these countries to monitor their health and practice social distancing, which includes the following.

- Take your temperature with a thermometer two times a day and monitor for a fever. Also watch for a cough and/or trouble breathing.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theatres) and limit your activities in public.
- Keep your distance from other people (about 6 feet).

The CDC currently recommends that individuals avoid all nonessential travel to China, Iran, Italy, and South Korea and recommends older adults or those with chronic medical conditions postpone travel to Japan. If you or your child must travel to one of these countries, please follow the above guidelines upon your return. Please contact your child's school ahead of time to determine what options exist for your child to continue their studies while at home.

In addition to the above, the San Marcos Unified School District is asking our students and staff members to stay home (from school and other activities) if you have any respiratory systems or a fever greater than 100-degrees F. You should remain home until you have no fever for 24 hours, without the use of fever medication.

If any student or staff member comes to school or work with a fever, cough (which is not typical) and/or respiratory infection symptoms, then that person will be asked to go home.

Parents/Guardians, you can help us too! If your child is sick, please keep them home from school. To help prevent the spread of all respiratory viruses, follow these important tips:

- Wash your hands often with soap and water for at least 20 seconds and use an alcohol-based hand sanitizer when soap is 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 and call your school to report fever or respiratory symptoms;
- Cover your cough or sneeze with a tissue, throw the tissue in the trash, and wash your hands;
- Clean and disinfect frequently touched objects and surfaces;
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional; and
- Get the flu shot, if you have not received it already.

The District plans to continue sending updated communication regarding this issue. The District also has a list of Frequently Ask Questions on its [website](#) which will be updated as needed.

Thank you for your continued cooperation and support.