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Date: January 28, 2020

From: Bernadette Bettencourt RN, MSN, CSN 

Re: Coronavirus

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a [coronavirus](#)) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. At this time, it's unclear how easily or sustainably this virus is spreading between people

There have been four reported cases in the US, with both patients returning from Wuhan, China. The CDC is reporting more cases are likely and will be providing updates. The CDC responds to the 2019-nCoV is available online at [www.cdc.org/coronavirus](http://www.cdc.org/coronavirus)

There is currently no vaccine to prevent the 2019-nCoV, and there are no additional precautions for the general public.

As a reminder, preventative actions can help prevent the spread of respiratory viruses.

- Wash hands often with soap and water for at least 20 seconds, if not soap or water use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, mouth with unwashed hands.
- Avoid close contact with sick people and stay home when sick
- Cover your cough or sneeze with a tissue and throw it away.
- Clean and disinfect frequently touched objects.

People who think they may have been exposed should contact your health care provider immediately.



**SAN JOAQUIN COUNTY OFFICE OF EDUCATION**  
James A. Mousalimas, County Superintendent of Schools

February 3, 2020

To: San Joaquin County School District Superintendents and School Nurses  
From: Sheri Coburn, EdD, MS, RN, PHN, CSN, Director, Comprehensive Health Programs

**NOVEL CORONAVIRUS INTERIM GUIDANCE FOR SAN JOAQUIN COUNTY, CA SCHOOLS**

As many of you are already aware, there is an outbreak of pneumonia in China, which has been identified to be caused by a novel (new) coronavirus. There are ongoing investigations by many countries to learn more about the outbreak, and the situation is rapidly evolving.

On Friday, January 31, 2020, the Department of Health and Human Services (HHS) declared the novel corona virus a public health emergency in the United States. The declaration went into effect at 2 p.m. PST on Sunday, February, 2, 2020. As part of the emergency declaration, persons returning to the United States through select airports and considered to be at highest risk will be quarantined and monitored by public health officials. All other returning travelers from China will face a health screening and face up to two weeks of monitored self-quarantine to ensure they pose no health risk. Currently, there are six confirmed cases in California. This is a rapidly changing situation. Below you will find information on the novel coronavirus and actions that can be taken to prevent spread of respiratory illness. Also included is a FAQ sheet for distribution to members in your school community.

**What is novel coronavirus (2019-nCoV)?**

Coronaviruses are a large family of viruses that cause diseases of varying severities, ranging from the common cold to more severe diseases, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Coronaviruses usually exist exclusively in animals, but some can transmit from animals to humans, and some of those are also transmitted from person to person, while others are not. In general, transmission of coronaviruses is most likely while a person has symptoms. This is a new virus called a novel coronavirus because it is a new strain of coronavirus that has not been previously identified in humans. The symptoms of novel

coronavirus include fever, cough, and difficulty breathing. Health officials across the world are actively collecting information about clinical manifestations of this new virus and who is at risk for infection.

### **What are the signs and symptoms of the 2019-n-CoV?**

For confirmed 2019-nCoV infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms can include:

- Fever
- Cough
- Shortness of breath

The CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure. This is based on what has been seen previously as the incubation period of [MERS](#) viruses.

### **Should schools exclude students who recently traveled from China?**

The CDC asks that healthy travelers self-quarantine for 14 days and students who self-quarantine should be excused from school during this period. The quarantine is voluntary and is not monitored or enforced, and currently there is no guidance from state or federal officials regarding enforcement by schools, colleges or universities of the self-quarantine guidance. Persons identified at highest risk of developing illness are monitored by federal, state and/or local public health officials. If a high-risk person being monitored is a student, they will be excluded from school for 14 days from their last exposure.

### **Should staff or students wear masks?**

Currently, the CDC does not recommend that the wearing of masks be mandated for staff or students. The wearing of masks is common in many countries, and individuals should exercise their own discretion in their use. As always, it is recommended that persons who are ill stay home to limit transmission of all viruses.

### **For school nurses and student health centers, it is recommended that you:**

- Follow standard environmental infection control procedures for healthcare settings.
- When students complain of illness, ask about recent travel to China.
- Post signs that promote standard hygiene practices, such as:
  - Washing hands often with soap and water for 20 seconds
  - Using an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
  - Covering the nose and mouth with elbow or a tissue when coughing or sneezing.
  - Avoiding touching eyes, nose, and mouth.
  - Clean and disinfect frequently touched objects and surfaces.
  - Avoiding close contact with people who are sick.
  - If you or someone you know has traveled to China and feel sick, please:
    - Stay home and avoid contact with others, except for seeking medical care.

- Seek medical care right away, however before seeking care, call ahead to report recent travel and symptoms.
- Cover mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing.
- Wash hands frequently.

### **How is novel coronavirus treated?**

There is no vaccine for novel coronavirus. People who traveled to or from China or were in close contact with someone who was infected and develop a fever and respiratory symptoms within 14 days of their travel or exposure should seek medical care. There is no current specific treatment although scientists are working on testing medication options. Many of the symptom scan be treated, however, and effective treatment is based on the patient's clinical condition.

Your collaboration to inform the public and prevent the spread of the novel coronavirus is a valuable component of efforts to effectively protect the San Joaquin County community and keep residents and visitors healthy.

For more information please visit:

Centers for Disease Control and Prevention 2019 Novel Conornavirus

<https://www.cdc.gov/coronavirus/index.html>



# News Release

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH

## **FOR IMMEDIATE RELEASE**

Date: February 2, 2020

Number: PH20-003

Contact: Corey Egel | 916.440.7259 | [CDPHpress@cdph.ca.gov](mailto:CDPHpress@cdph.ca.gov)

## **Six Confirmed Cases of Novel Coronavirus in California**

SACRAMENTO – The California Department of Public Health has been informed of a new case of confirmed novel coronavirus 2019 in Santa Clara County. In addition, two people in San Benito County have tested positive, bringing California's number of confirmed cases to six. This information is confirmed by the Santa Clara County Public Health Department, the San Benito County Public Health Department and the U. S. Centers for Disease Control and Prevention laboratory.

The two cases in San Benito County are spouses, one of whom traveled to China and one who did not. This marks the first instance of close household person-to-person transmission of novel coronavirus in California. There is no evidence of person-to-person transmission in the general public in California.

Currently, the California Department of Public Health confirms a total of six cases of novel coronavirus in California: two people in Santa Clara County, two people in San Benito County, one person in Los Angeles County and one person in Orange County have tested positive for novel coronavirus 2019.

"The California Department of Public Health is closely coordinating with the CDC and local partners to address novel coronavirus 2019 and we are prepared," said Dr. Sonia Angell, California Public Health Department Director and State Health Officer. "The novel coronavirus is a serious public health concern, however the risk to the general public in California remains low. We have had only one case of person-to-person transmission here and it was from a traveler to China to a spouse. Both are in stable condition."

It is very important for people who have recently traveled and who become ill to notify their health care provider of their travel history. Those who have recently traveled to China or

who have had contact with a person with possible novel coronavirus infection should contact their local health department or health care provider.

The Department of Public Health has been prepared and is continuing with the following actions:

- Providing information about the outbreak and how to report suspect cases to local health departments and health care providers in California.
- Coordinating with federal authorities who plan to quarantine passengers returning to the U.S. from Hubei Province, China, through SFO and LAX.
- Assuring that health care providers know how to safely manage persons with possible novel coronavirus 2019 infection.
- Supporting hospitals and local public health laboratories for collection and shipment of specimens for testing at CDC for novel coronavirus 2019.
- Activating the Department of Public Health's Emergency Operations Center to coordinate response efforts across the state.

As with any virus, especially during the flu season, the Health Department reminds you there are a number of steps you can take to protect your health and those around you:

- Washing hands with soap and water.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick are all ways to reduce the risk of infection with a number of different viruses.
- Staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

The California Department of Public Health will not be providing additional information about these patients beyond what is being shared by the Santa Clara County and San Benito public health departments. For more information about novel coronavirus, please visit the [CDPH website](#).

# What you need to know about 2019 Novel Coronavirus (2019-nCoV)

## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person to person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person to person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.