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**Fw: Superintendent's Update - March 17, 2020**

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Tue, Mar 17, 2020 at 1:52 PM

On Tuesday, March 17, 2020, 11:08 AM, Victoria Maya <[vmaya@pausd.org](mailto:vmaya@pausd.org)> wrote:

***From the Office of the Superintendent:***

PAUSD has received our first confirmed case of COVID-19 involving a student from Fletcher Middle School. County health officials have signaled that we should expect the virus to continue spreading for a period of time across Santa Clara County. As promised, PAUSD will report all confirmed cases to our staff and families.

Per the Santa Clara County Public Health Department, vulnerable populations including the elderly and those with underlying health conditions must stay home. All community members should stay home except to perform essential duties for business continuity or government functions, to get food, care for a relative or friend, get necessary health care, or perform activities related to maintaining a healthy lifestyle during this time. The order is effective through April 7. The full order can be found [here](#).

**Guidance for the general public from Santa Clara County Public Health Department**

- Even if you are not ill, avoid visiting hospitals, long term care facilities, or nursing homes to the extent possible. If you do need to visit one of these facilities, limit your time there and keep 6 feet away from patients and employees of the facility.
- **Do not go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.
- Stay home when sick and away from others in your household.
- Practice excellent personal hygiene habits, including washing your hands with soap and water frequently, coughing into a tissue or your elbow, and avoid touching your eyes, nose, or mouth.
- Stay away from people who are ill, especially if you are at higher risk for serious illness.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Avoid touching your eyes, nose, and mouth unless you've just washed your hands.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong.
- Follow CDC's recommendations for using a facemask.
  - CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).
  - Stay informed. Information is changing frequently. Check and subscribe to Public Health's website and social media pages:

Public Health Website: <http://www.sccphd.org/coronavirus>

Public Health Facebook: <https://www.facebook.com/sccpublichealth>

Public Health Instagram: [@scc\\_publichealth](https://www.instagram.com/scc_publichealth)

Public Health Twitter: [@HealthySCC](https://twitter.com/HealthySCC)

