

March 11, 2020

Dear LFLCS Community:

Due to the concerns about the disease (COVID-19) caused by the novel coronavirus, LFLCS wants to provide you with the most recent information from the [Monterey County Health Department](#), as well as tips to help you and your family stay healthy. At this time, the health risk to the general public in California remains low. However, we want to prepare now if the novel coronavirus spreads.

LFLCS is working collaboratively with the Monterey County Office of Education and the local Health Department to establish protocols for schools and to prepare for potential disruptions that could result from a possible outbreak in our region. This planning is ongoing. But since LFLCS already operates an independent study program that delivers instruction via electronic means, we do not anticipate that our educational program will be greatly disrupted.

On campus, we remain diligent in our efforts to clean frequently touched surfaces and objects such as desks, keyboards and doorknobs. We are continuously encouraging and reminding students and staff to practice the precautions they normally take during cold and flu season.

As a reminder, all children and staff members with a fever of (>100.4 F / >38 C) should remain home from school and other activities until they have been fever-free for at least 24 hours without the assistance of medication.

With the safety and well being of our students and staff being a top priority, LFLCS will continue to monitor the situation and provide updates as necessary. We thank you for your cooperation and support in helping us maintain a healthy and safe learning environment.

Sincerely,

Kenneth Lawrence-Emanuel
Executive Director
Learning for Life Charter School

Tips for preventing infections

Coronaviruses are a large family of viruses. It includes the novel (new) coronavirus that originated recently in China. Common symptoms of a coronavirus in an infected person include a fever, cough, and shortness of breath or difficulty breathing.

Influenza viruses cause contagious respiratory illnesses called the flu. The illness can be mild to severe. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough.

When a person is infected with both a coronavirus and an influenza virus, the risk of severe complications increases. So people should take steps to protect themselves from both coronavirus and influenza virus infection.

The best way to prevent infection by a coronavirus is to follow precaution normally taken during cold and flu season, which include the following.

- Maintain good hand hygiene.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Use “Respiratory Etiquette” by using a tissue or sleeve to cover your mouth when coughing.
- Avoid close contact with people who are sick.
- If sick, stay away from school and/or work to prevent the risk of spreading infectious diseases.

According to the Center for Disease Control and Prevention (CDC), the best way to prevent influenza is as follows:

- Get vaccinated every year
- Avoid close contact with sick people
- Wash hands frequently with soap
- Stay at home if you are experiencing flu-like symptoms
- Avoid touching your eyes, nose, and mouth
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.