



# COVID-19 Guidelines: School Closures - What to do at Home

MARCH 16, 2020

## For You To Know Right Now

*Yolo County's Health Officer strongly recommends that all community organizations, schools, religious organizations, other entities and event planners cancel any **non-essential gatherings** starting March 10. The Yolo County Health Officer will reassess this recommendation on or before April 1, 2020.*

### BACKGROUND & CONTEXT

Yolo County is working with the California Department of Public Health (CDPH) in monitoring COVID-19 and providing guidance and resources to prevent, detect and respond to the occurrence of COVID-19 cases in Yolo County and California. All organizations hosting events should prepare for possible impacts of event cancellations due to COVID-19 and take precautions to prevent the spread of COVID-19 as well as other infectious diseases, including influenza. We are now seeing cases of COVID-19 that represent community spread.

### STRATEGIES IMPLEMENTED IN YOLO

The goals of the Health Officer's recommendations are:

- 1) To protect people attending and working at large gatherings in the local community from contracting COVID-19; and
- 2) To reduce community transmission and introduction of COVID-19 into new communities.

**Gatherings and community** events bring people from multiple communities into close contact with each other and have the potential to increase COVID-19 transmission. A **Gathering** is any event or convening that brings together people in a single room or space at the same time. All gatherings of any size, both indoor and outdoor, should be limited and considered for postponement or cancellation.

One method to slow the spread of respiratory virus infections, including COVID-19, is by **increasing social distancing** (reduce close contact by an optimal 6 ft), especially for the more susceptible or immunocompromised populations. **Social distancing** also helps prevent our healthcare system from becoming rapidly overwhelmed.

## SCHOOLS IN YOLO COUNTY HAVE CLOSED BEGINNING MARCH 16, 2020

Everyone can do their part to help plan, prepare for, and respond to this emerging public health concern. Families who are at home due to school closures should continue the following mitigation measures:

- Stay home! This is the best way to avoid coming into contact with people who are sick.
- If you are sick with a cough, runny nose, and/or fever, stay home and do not go to work or school. Most people will feel better after a few days using standard home treatments such as rest and drinking clear fluids like water.
- Limit visitors and avoid gatherings of children inside your home.
- Continue to practice social distancing of at least six feet.
- Teach children everyday actions to reduce the spread of germs.
- Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with sick people, stay at least 6 feet away from people showing symptoms of respiratory illness
- Cover coughs and sneezes with a tissue, then throw it in the trash can.
- Do not smoke or vape any products.
- Follow guidance from public health officials.

## TALKING WITH CHILDREN ABOUT COVID-19

### Remain Calm & Reassuring

- Make yourself available to listen and talk.
- Remember that children will react to both what you say and how you say it.
- Avoid language that might blame others and lead to stigma.
- Provide information that is honest and accurate.
- Pay attention to what children see or hear on TV, radio, and online.

## WAYS TO KEEP CHILDREN BUSY & ENGAGED

### Keep your children on a schedule with activities

- Monitor your school or school district's website for updates to learning about e-learning opportunities during school closure.
- There are a variety of free educational resources available to students and families, some of which can be found [at this link](#).
- Explore educational movies/documentaries, play board games, do puzzles or arts & crafts.
- Many famous museums from around the world are offering virtual tours.

## WHAT PEOPLE SHOULD DO IF THEY OR A FAMILY MEMBER IS SICK

### Stay Home and Monitor Symptoms

- Stay home if you are sick.
- Most people (about 80%) recover from the disease without needing special treatment.
- Do not smoke or vape any products.
- If you are sick with a cough, runny nose, and/or fever, stay home and do not go to work/school.
- Most people will feel better after a few days using standard home treatments such as rest and drinking fluids like water.
- If you have questions about how to care for yourself at home please call your provider.
- If you are short of breath or have persistent pain or pressure in the chest, you should call your provider and consider being seen at the clinic.
- When possible use a separate room and bathroom for sick household members, if not possible regularly clean all “high-touch” surfaces daily and wash all laundry thoroughly.
- Prohibit non-essential visitors to the home.
- Avoid sharing personal household items.

### Call a Health Care Provider for those with Severe Symptoms or Older Individuals with Underlying Health Conditions

- Individuals who have severe symptoms, like difficulty breathing or persistent pain or pressure in the chest, should seek medical attention immediately.
- Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### Do You Need to Wear a Mask?

- If you are sick, stay home.
- At this time, masks are **ONLY** recommended for healthcare workers and first responders.
- Buying out local supplies is not recommended; it reduces the amount of masks available to first responders and medical personnel.
- CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

### Vulnerable Populations

- The risk of severe disease from COVID-19 escalates as age increases. Regardless of age, people with chronic health conditions such as cardiovascular disease, cancer, heart disease, or lung diseases such as COPD, as well as those with severely weakened immune systems are also at high risk of complications.
- People at higher risk should consider staying home and away from crowded social gatherings where people are within 6 feet of one another. For example, avoid parades, conferences, sporting events, and concerts.

## Quarantine

- As we shift from containment to mitigation efforts in counties where there is community transmission of COVID-19 it is no longer necessary for someone who has been in contact with an individual with COVID-19 to quarantine for 14 days if they do not have any symptoms. This applies to the general public, as well as health care workers and first responders. However, individuals should self-monitor for respiratory symptoms and fever. Should they have any symptoms, they should stay home in order to protect those who are well.
- Practice routine cleaning of high touch surfaces, like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Review disinfection guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>.



## Monitor Symptoms

- Seek medical attention if illness worsens.
- Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19.
- Put on a facemask before you enter a healthcare facility. This step will help the healthcare provider's office from getting infected or exposed.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19.

## RESOURCES

### Yolo County

<https://yolocounty.org/coronavirus>  
<https://yolocounty.org/coronavirus-guidance>

### California Department of Public Health (CDPH); Centers for Disease Control and Prevention (CDC)

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

### Families

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/get-your-household-ready-for-COVID-19.html>

### Travelers

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>