

Influenza and Coronavirus

Coronavirus Disease (COVID-19)

A new strain of Coronavirus Disease (COVID-19) has been detected that causes a variety of severity of symptoms, from the common cold to more serious respiratory disease. People who have traveled to certain parts of China, such as Wuhan, since December 1, 2019 may have faced initial exposure. Coronavirus causes upper respiratory illness symptoms that resemble a Common Cold or Influenza:

- Fever
- Cough
- Shortness of Breath/Difficulty Breathing

At this time, Centers for Disease Control and Prevention (CDC) estimates that it takes between 2 and 14 days to cause symptoms after exposure.

Kern County Public Health Services has released an information sheet and frequently asked questions:

2019 NOVEL CORONAVIRUS
What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. The 2019 Novel Coronavirus is NOT currently spreading in the United States.

How to Prevent the Spread?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash hands often with soap and water or use an alcohol based sanitizer.

People who have traveled to certain parts of China, such as Wuhan, since December 1, 2020 could have been exposed to the virus. Seek medical care if you traveled to China and develop a fever and cough or respiratory symptoms within 14 days of your return.

What are the symptoms?

- Fever
- Cough
- Difficulty Breathing

How can I protect myself when I travel?

Travelers going outside the US

- Avoid animals, either at a farm, animal market, and markets that raise live animals.
- Avoid contact with live animals.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

If you traveled to China and feel sick

- Stay home and avoid contact with others.
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
- Follow the advice of the doctor.

Kern County Public Health Services
www.kernpublichealth.com

NUEVO CORONAVIRUS 2019
Lo que debe saber

El coronavirus es un tipo de virus que causa enfermedades de diversa gravedad, que van desde el resfriado común hasta enfermedades respiratorias más graves. El Nuevo Coronavirus de 2019 NO se está propagando actualmente en los Estados Unidos.

¿Cómo prevenir la propagación?

- Evite el contacto cercano con personas que están enfermas.
- Evite tocarse los ojos, la nariz, y la boca con las manos sin lavar.
- Lávase las manos frecuentemente con agua y jabón o use un desinfectante a base de alcohol.

Las personas que han viajado hasta a áreas de Wuhan, China desde el 1 de Diciembre del 2019, podrían haber sido expuestas al virus. Busque atención médica si viajó a Wuhan y no presenta con fiebre y tos o síntomas respiratorios dentro de los 14 días de su regreso.

¿Cuáles son los síntomas?

- Fiebre
- Tos
- Dificultad con Respirar

¿Cómo puedo protegerme al viajar?

Viajeros que salen de los EE.UU.

- Evite animales vivos o mercados, mercados de animales y productos que protejan de animales como la carne cruda.
- Evite el contacto con personas enfermas.
- Lávase las manos con frecuencia con agua y jabón por lo menos 20 segundos. Use un desinfectante de manos a base de alcohol si no hay agua y jabón disponibles.
- Cuando toques los ojos, la nariz y la boca.

Si viaja a China y se siente enfermo

- Quédese en casa y evite al contacto con otros.
- Busque atención médica de inmediato. Antes de ir al consultorio de un médico o a la sala de emergencias, llame con anticipación a sólo hacer saber su viaje reciente a sus síntomas.
- No viaje mientras está enfermo.
- Cubra su boca y la nariz con un pañuelo o el codo cuando se tose o estornude.
- No se pautado a la basura.

Kern County Public Health Services
www.kernpublichealth.com

Novel Coronavirus (2019-nCoV)

1. What is a coronavirus?
Coronaviruses are a type of virus that causes diseases of varying severity, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

2. Who gets coronavirus?
Coronaviruses are normally found in animals but can be spread to humans. Some coronaviruses are also spread from person to person. Recently, hundreds of cases of pneumonia associated with a novel coronavirus in Wuhan City have been identified.

3. How is coronavirus spread?
Human coronaviruses most commonly spread from an infected person to others through:

- coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- rarely, food contamination

People who have traveled to certain parts of China, such as Wuhan, since December 1, 2019 could have been exposed to this virus. Seek medical care if you develop a fever or respiratory symptoms like cough or shortness of breath within 14 days of returning from travel to affected areas.

4. What are the symptoms of disease?
Typically, human coronaviruses cause mild mild to moderate respiratory illness. Symptoms are very similar to flu, including:

- Fever
- Cough
- Shortness of breath

Key Points

- Novel coronavirus is a new virus that hasn't been identified before in humans.
- Coronaviruses can be spread through close personal contact, or by touching an object or surface with the virus on it.
- Use prevention measures that work to prevent other respiratory infections to prevent novel coronavirus.
- Kern County Public Health Services Department is taking steps to prepare our community to respond effectively against novel coronavirus.

For more information:
Kern County Public Health Services Department
California Department of Public Health
World Health Organization

 www.kernpublichealth.com

Nuevo coronavirus (2019-nCoV)

1. ¿Qué es un coronavirus?
El coronavirus es un tipo de virus que causa enfermedades de diversa gravedad, que van desde el resaca común hasta enfermedades respiratorias más graves. Un coronavirus nuevo es un tipo de coronavirus que no se ha identificado antes en humanos.

2. ¿Quién contrae coronavirus?
Los coronavirus se encuentran normalmente en animales, pero pueden propagarse a los seres humanos. Algunas coronavirus también se propagan de persona a persona. Recientemente, se han identificado cientos de casos de neumonía asociados con nuevos coronavirus en la ciudad de Wuhan.

3. ¿Cómo se propaga el coronavirus?
Los coronavirus en humanos se transmiten más comúnmente de una persona infectada a otras por:

- Tosiendo y estornudando.
- Contacto personal cercano, como tocar o estrechar las manos.
- Tocar un objeto o superficie con el virus en él, luego tocar la boca, la nariz o los ojos antes de lavarse las manos.
- En raras ocasiones, la contaminación fecal-oral.

Las personas que han viajado a Wuhan, China desde el 1 de Diciembre de 2019, podrían haber estado expuestas al virus. Recopilar atención médica si usted viaja a Wuhan y desarrolla fiebre o síntomas como tos o falta de aliento dentro de los 14 días de su regreso del viaje a la zona afectada.

4. ¿Cuáles son los síntomas de la enfermedad?
Por lo general, los coronavirus humanos causan enfermedades respiratorias leves a moderadas. Los síntomas son muy similares a la gripe, que incluyen:

- Fiebre
- Tos
- Dificultad para respirar

5. ¿Cómo se trata el nuevo coronavirus?
No existe un tratamiento específico para la enfermedad causada por un nuevo coronavirus. Sin embargo, muchos de los síntomas pueden tratarse. El tratamiento se basará en la condición del paciente. No hay vacuna para el nuevo coronavirus.

Puntos Clave

- El nuevo coronavirus es un nuevo virus que no se ha identificado antes en humanos.
- Los coronavirus se pueden transmitir a través del contacto personal cercano o tocando un objeto o superficie con el virus.
- Use medidas de prevención que funcionan para prevenir otras infecciones respiratorias para prevenir nuevas enfermedades.
- El Departamento de Servicios de Salud Pública del Condado de Kern está tomando medidas para preparar a nuestra comunidad para responder eficazmente contra el nuevo coronavirus.

Para más información:
Departamento de Servicios de Salud Pública del Condado de Kern
http://www.kernpublichealth.com
Centro de Control y Prevención de Enfermedades (CDC)
Organización Mundial de la Salud (OMS)
http://www.who.int/emergencies/diseases/novel-coronavirus-2019

 www.kernpublichealth.com

Current information on confirmed locations of infected people in the United States, as well as risk assessment and additional information about the Coronavirus may be found online at the CDC website at:

- [Centers for Disease Control and Prevention Coronavirus Disease 2019 \(COVID-19\) Main Site](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)
- [Centers for Disease Control and Prevention COVID-19 Situation Summary](https://www.cdc.gov/coronavirus/2019-nCoV/situation-reports.html)

Additional information may be found at the Kern County Department of Public Health Services website, California Department of Public Health, and World Health Organization at the following links:

- [Kern County Public Health Services Department 2019 Novel Coronavirus \(COVID-19\)](http://www.kernpublichealth.com)
- [California Department of Public Health Novel Coronavirus 2019 \(COVID-19\)](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/2019-nCoV.aspx)
- [World Health Organization Novel Coronavirus 2019 \(COVID-19\)](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

Influenza

Influenza is caused by a virus that infects the respiratory system. Here's how it works:



Influenza causes symptoms of the upper respiratory system:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

Coronavirus and Influenza Prevention

The Centers for Disease Control and Prevention (CDC) recommends the same steps to prevent viruses that cause upper respiratory infections and flu- or cold-like symptoms:

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

It is also recommended to keep sick children home for at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicines. Sick and well children should be kept at least 3 feet apart and following the prevention steps listed above. It is important to follow the recommendations by the CDC to prevent infection by Influenza or Coronavirus. Following these guidelines will limit the risk of infection by students and families.

Flu/Coronavirus and School Operations

Lakeside Union School District communicates information from public health agencies to students and families. Schools will operate normally unless directed otherwise by Kern County Public Health Services Department. If Lakeside Union School District receives additional health and safety information, that information will be communicated to students, parents, and members of the community.