

Paramount

SCHOOLS OF EXCELLENCE



Information for PSOE Parents About the 2019 Novel Coronavirus

Paramount Schools of Excellence cares about the safety and health of its student population and is paying close attention to the advance of the Coronavirus. Historically, Coronaviruses are a large family of viruses that cause symptoms of colds. This current “novel” virus, originated in China in late 2019 (hence the name, 2019 Novel Coronavirus). The abbreviated term for this virus is: 2019-nCoV

Current Understanding of Virus

- Virus symptoms most commonly include fever, cough or shortness of breath; Some people have fewer or no symptoms at all. Headache, sore throat, and runny nose can also occur with this virus.
- The virus most likely spreads from droplets (cough and sneezing)
- The Centers for Disease Control and Prevention (CDC) considers this a public health threat, but the health risk from this virus appears to be low at this time.
- It is not yet known whether people carrying the virus without symptoms can spread the virus to others.
- Symptoms of 2019-nCoV may appear in as few as 2 days, or as long as 14 days, after exposure.
- Most people with this infection will recover on their own. There is no specific treatment for novel coronavirus infection yet.
- For patients who are more severely ill, hospitals can provide supportive care.

The Nursing and Wellness Department at PSOE continues to follow CDC guidance, as well the guidance from public health departments at the State and County levels to keep our student and staff populations safe and healthy.

Should any school need to close due to an outbreak of the illness, Paramount will immediately incorporate E-Learning days, so the student academic process is maintained. During an E-Learning situation, parents will be well-informed about how students can access lessons in advance. This would involve students participating in online learning activities developed by their classroom teachers to ensure work aligns with current curriculum plans and learning goals. Teachers will be available to answer questions via phone, Google Chat and email during any E-Learning day.

Currently, Paramount Schools are routinely cleaned each night by the school’s custodial service. Should the Coronavirus or any other highly contagious illness sweep through our neighborhoods or present itself in our schools, intensified plans with deep-cleaning and disinfectant procedures will be immediately put into place.

Current Paramount Illness Policy

- All children and staff members with respiratory symptoms and fever (>100.0 F / >38C) should remain home (from school and other activities) until they had no fever for 24 hours without fever medication.
- A student or staff member who has been in contact with a person with a laboratory-confirmed case of 2019 novel coronavirus within the past two weeks should be excluded from school only if that student has a sign of a respiratory illness (fever OR cough or shortness of breath).

- If any student or staff member is suspected of having the virus (i.e., becomes a patient under investigation; or “PUI”) for the Novel Coronavirus, the school will work with public health authorities who will collaborate with that student’s or staff member’s physician to guide any further restrictions and public notifications.
- As a reminder, all student and staff health information is confidential and cannot be shared with other students or with school site staff. Confidential health information can be shared only with School health team leaders and with the County Public Health Department.
- Any disease notification letters sent from school to the general school community and to the parent community will always be done in consultation with the Public Health Department and/or CDC guidelines.
- Paramount will always defer to city and CDC guidance on what would cause a school to close and the duration of closure.

Basic Prevention of Virus Spread

- Make sure all family members are up to date with their flu shots.
- Promote basic hygiene:
 - Any coughing or sneezing should be directed into one’s sleeve, rather than into hands or the air.
 - Wash hands after using and handling used tissues, after blowing nose, before/after eating, and after toilet use.
 - Wash for 20 seconds with soap, rub between fingers and under nails; and then rinse and dry. Use alcohol (60%+) hand gel if sinks are not readily available.
 - Avoid rubbing your own eyes, nose and mouth.
 - Do not share utensils, cups etc.
- Stay home when sick.
- Avoid contact with those who are sick.
- Wearing of masks in public is not recommended for Americans by the CDC nor by our local public health department. It will be discouraged in schools. Handwashing is considered the best protection from infectious diseases.

What Can Parents Do to Prepare?

- Plan for childcare at home if your child gets sick or their school is dismissed (for a minimum of 5 school days).
- Plan to monitor the health of the sick child and any other children by checking for fever and other symptoms of flu.
- Update emergency contact lists.
- Identify a separate room in the house for care of sick family members. Consider designating a single person as the main caregiver for anyone who gets sick.
- Pull together games, books, DVDs and other items to keep your family entertained while at home.
- Alert the school nurse if anyone in the household has contracted the 2019 Novel Coronavirus

For more information or questions, please feel free to visit your Paramount School nurse.