

# Coronavirus Information & Update

Dear Geyserville Unified Parents/Guardians,

Cold and Flu season is upon us. The California Department of Public Health (CDPH) reports that influenza, or “The Flu,” activity levels have increased over the past several weeks. As a reminder, please do not send your child to school if they are feeling sick. Keeping your sick child home will be a great benefit for the health and wellness of our students and staff. Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. 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.

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

## **Tips to Prevent The Flu:**

- Get vaccinated every year
- Avoid close contact with sick people
- Frequent handwashing 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.
- See more prevention tips here from the [Centers for Disease Control and Prevention](#)

The 2019-2020 Flu Season includes recent reports of a novel coronavirus. Coronaviruses are a large family of viruses. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing.

For more information check out the link below:

Sonoma County Department of Health  
<https://sonomacounty.ca.gov/Health/Information-About-Coronavirus/>