

March 4, 2020

Dear Live Oak Families and Friends,

I want to send an update on the information for the COVID-19 virus. Under the direction of the Superintendent of Sonoma County Office of Education (SCOE) I am attaching the SCOE link with all of the most recent COVID-19 virus information including the Infectious Disease Response Plan that all public schools (including Live Oak) in Sonoma County will follow.

I recommend that you please take some time to review the information on the following link: https://www.scoe.org/pub/htdocs/news-archive.html?news_id=1275 this information is also posted at www.liveoakcharter.org under "Parents" and "News and Updates".

Also, please take a moment to review the following recommendations from the CDC.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your 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 at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Also, here are some relevant CDC fact sheets to share in order to help you understand COVID-19 along with steps you can take to protect yourselves:

- ***What you need to know about coronavirus disease 2019 (COVID-19):*** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- ***What to do if you are sick:*** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf>
- ***Stop the spread of germs – help prevent the spread of respiratory viruses like COVID-19:*** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Best,

Justin Tomola