



FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

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Office of the Superintendent

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January 6, 2023

Dear FJUHS Staff, Parents/Guardians, and Students,

Welcome back and happy new year! We are looking forward to a successful second semester together. As you are aware, this year's flu season has arrived earlier and is more severe than we have seen in several years. It is likely to last throughout this winter season. In addition to the flu, COVID-19 is still present and increasing, and respiratory syncytial virus (RSV), and Hand, Foot and Mouth are spreading rapidly in our communities. These viruses are having a tremendous burden on our healthcare system.

However, we can take steps to prevent or lessen the effects of these viruses to keep ourselves and those around us healthy. Here are a few things you can do to stay well this season from the [CDC](#), [OCHCA](#) and [UCSF Health](#):

1. Get vaccinated and/or boosted for the flu and COVID-19.
2. Consider wearing a well-fitting mask, especially when indoors or in crowded spaces.
3. Wash your hands thoroughly with soap and water for at least 20 seconds.
4. Use hand sanitizer if you are unable to wash your hands.
5. Stay away from others who are sick.
6. If you have a fever or flu symptoms, do not go to school or work.
7. Stay home for at least 24 hours after your fever is gone, unless you need medical care.
8. Cover your mouth and nose with a tissue, not your hands, when coughing or sneezing.
9. Clean and disinfect frequently touched surfaces at home, work and school.
10. Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

If you are feeling [symptomatic](#), stay home and contact your supervisor of your symptoms and absence.

- Get Tested
 - The Wellness Site at SHHS AG is open Tuesday and Thursday from 7am - 12pm and can conduct rapid flu and COVID-19 testing.
 - Sites have home Antigen tests that you may request for your use.

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- Local pharmacies (e.g. CVS) can provide home antigen testing kits for free with most insurance plans.
- Up to four at home COVID tests per household are available from <https://www.covid.gov/tests> for the winter.
- Stay home until symptoms are improving and/or 24 hours without a fever, without use of fever reducing medications.
- Consult your healthcare provider if your symptoms are not improving or worsening or you test positive for the Flu or COVID-19.
- If you test positive for COVID-19 contact your immediate supervisor and/or site COVID liaison to report your condition.

With these steps we will weather this storm and keep our employees and students safe and healthy throughout this season.

Sincerely,



Steve McLaughlin, Ed.D.
Superintendent