

# Actions to Prevent the Spread of COVID-19



*LA Unified is taking steps to slow the spread of COVID-19.*

**Stay Clean:** The current recommended precautions to avoid exposure to the virus are the same precautions you should take to avoid the flu.

- 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.
- Cover your coughs or sneezes with a tissue and throw the tissue in the trash. If tissues aren't available, cough or sneeze into the inside of your elbow. Then wash your hands.
- Clean and disinfect frequently touched objects and surfaces.

Please [watch our videos at lausd.net](https://www.lausd.net) for more information about hygiene practices.

**Stay Home:** As with any illness, please stay home when you are sick and do not return to work or school until your temperature is below 100 degrees without the use of fever-reducing medication for at least 24 hours.

- Send students, teachers, and staff who exhibit a fever and/or respiratory infection symptoms home as soon as possible. When feasible, identify an isolated location for those waiting to go home.

**Be Aware:** Up-to-date information can be found at [lausd.net](https://www.lausd.net).

- Coordinate with all partner organizations serving students to share updated information and ensure consistent practices.

**Contact Us:** We have established a phone hotline at (213) 443-1300, which is open from 6 a.m. to 5 p.m. Monday through Friday. Please feel free to call with any questions about the COVID-19 virus.