



COVID 19 Tips & Articles

Johns Hopkins Hospital Advice

* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only:

- between 3 hours (fabric and porous),
- 4 hours (copper and wood)
- 24 hours (cardboard),
- 42 hours (metal) and
- 72 hours (plastic).



But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

* Also keep your NAILS SHORT so that the virus does not hide there.

-JOHNS HOPKINS HOSPITAL

How To Help Your Child Work Through Fears And Uncertainties

- Make developmentally informed decisions about what children need to know and understand in order to feel safe.
- Focus on creating an environment where children can ask the questions that matter to them.
- Reassure children they are going to be safe and that you as their caregiver will also be taking steps to ensure that you stay safe as well.
- Encourage compassion for vulnerable people and expanding your child's circle of concern.
- Avoid stigmatization by emphasizing that getting sick is part of being human and we all need to help each other feel safe.



Parents Can Support Their Children By Supporting Themselves

Children know when their parents are worried about something. It's important to take care of your own fears and anxieties in addition to your child's. Find ways to protect your own mental well-being.

- Continue to incorporate activities like prayer, running or meditation in your daily routine
- Maintain your social connections, video calling, singing, book list to catch up on to avoid the anxiety that often accompanies isolation.
- Focus on ways you may be able to help others in your community to redirect your attention.
- Find trustworthy news sources and stay informed without overwhelming yourself with a flood of information.

Parents who may need additional assistance figuring out how to keep their children engaged and connected to their peers, and schools can help in that. Additionally, schools offer parents a network of support and connection. Find ways to allow these connections to grow and develop, even if physical spaces are closed.

[Helping Children Cope with Coronavirus and Uncertainty | Harvard Graduate School of Education](#)

[Animals and Coronavirus Disease 2019 \(COVID-19\) | CDC](#)

[Join The Parents' Voice USA Newsletter and stay informed!](#)

The Parents' Voice USA is a national coalition of concerned parents that want to highly educate their children without the social engineering that is often embedded into today's school curriculum. Our children are our most valuable natural resource, and will grow into our future world leaders. Together, our collective voices can support their education while protecting their best interests.

[Click Here To Be Added To Our Mailing List](#)



March 13, 2020

Good Afternoon,

OCDE

OCDE: Orange County school closures

The safety and well-being of our students, staff, and families will always remain our top priority. As of today, there are no confirmed cases of individuals diagnosed with the Novel Coronavirus in our District.

Out of an abundance of caution, in an effort to limit the spread of the Novel Coronavirus, and with guidance from local, state, and federal public health experts, it is anticipated that the Fullerton School District Board of Trustees will take action tonight and temporarily close all schools beginning Monday, March 16, 2020, returning to school as usual on Monday, March 30, 2020 (note: this time includes our regularly scheduled week off for Spring Break).



In order to continue providing educational opportunities for our students, today each student has been provided with a five-day at home learning plan for the next week.

At this time it is our plan that our student meal program will continue from March 16th through March 20th. We will provide details by 8 p.m. on Sunday evening on how students will access our student meal program.

Facts and circumstances regarding the Novel Coronavirus are changing quickly. We will continue to monitor the situation and update our community.

Thank you to our students, staff, and families for their patience and trust as we all work through this public health crisis. Please visit www.fullertonsd.org for updates and links to additional resources.



FULLERTON JOINT UNION HIGH SCHOOL DISTRICT

*1051 West Bastanchury Road • Fullerton, California 92833 (714) 870-2801
Office of the Superintendent*

March 15, 2020

Hello All FJUHSD Parents, Guardians and Students:

These are unprecedented times for the FJUHSD and every other district throughout our county and state. District administration has participated in daily conference calls with the County Superintendent and other OC District leadership teams. As you can imagine, issues relating to the Coronavirus are changing rapidly.

Over the past two weeks, the District established a three-step approach to address the Coronavirus and the impact it may have on students and staff. The first step was preventative, as we began to employ additional and more extensive cleaning procedures, to utilize hospital-grade disinfectants, and much more. Step two was the cancellation of large gatherings such as on-campus events, theater productions, athletics, field trips, and after school events. Finally, step three was the closing of our schools.

Beginning tomorrow, March 16, 2020, all District school sites will be closed. All students will remain at home through March 29, 2020. Only FJUHSD personnel will be allowed on campus during this time period. Parents and students will not be permitted on campus, except for those who participate in the Free and Reduced Lunch Program. Meals will be available for pickup in school cafeterias between the hours of 10:00 a.m. and noon, Monday through Friday.

Students may login to Google Classroom beginning Monday, March 16, 2020 in order to view a brief message from each of their teachers regarding distance learning, which will begin Wednesday, March 18, 2020.

Beginning Wednesday, March 18, 2020, and each day thereafter, all teachers will post to Google Classroom instructional lessons for each period they teach. Teachers will be accessible through email and Google Classroom to assist students and answer student questions. Students will need to login into their Google Classroom accounts on a daily basis in order to access and complete the lessons provided by each of their teachers.

The District will continue to work diligently with state and local government and health care agencies to monitor this situation. As new and additional information becomes available, we will continue to modify our District plan of action accordingly.

At this time, students are scheduled to return to school after Spring Break, on Monday, March 30, 2020; however, this may change and we must remain flexible. We remain committed to ensuring the continuity of instruction through the use of distance learning, while we also maintain the safety of our students and staff members.

During this closure, please ensure that your student checks his or her Google Classroom account each day. If you experience any difficulties accessing Google Classroom, please contact your site administration by phone immediately so that they can assist you.

March 15, 2020

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Please understand that this is a dynamic and rapidly evolving situation, and the District will continue to provide you with updated information as it becomes available. Please know that the FJUHSD has all of our District's families in our thoughts.

Sincerely,

A handwritten signature in black ink, appearing to read "V. Scott Scambray". The signature is written in a cursive style with a large initial "V" and "S".

V. Scott
Scambray, Ed.D.
Superintendent