

## Illness and Symptom Requirements

Any student or staff member who tests positive for Covid-19 or who is exposed to someone with Covid-19 must stay home and contact their supervisor or principal. Supervisors must report immediately to

[REDACTED]

**STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:**

[REDACTED]

Health Services (Covidreport@scusd.edu) for contact tracing.

**YOU MAY RETURN TO SCHOOL AFTER:**

# on you



Dairy

Vegetables

Protein

**Make half your plate fruits and vegetables.**

**Make at least half your grains whole.**



**Switch to skim or 1% milk.**

**Vary your protein food choices.**

**For a 2,000-calorie daily food plan, you need the amounts below from each food group.**  
 To find amounts personalized for you, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

**Get 48 ounces**   **Get 2 cups**   **Get 6 ounces**   **Get 2 ounces**   **Get 5½ ounces**

and dark-green veg-  
 ies like tomatoes,  
 sweet potatoes,

salads, and desserts.  
 At breakfast, top your  
 cereal with berries

grain choices for  
 refined-grain breads,  
 beans, nuts, bread,

free) or 1% (low-fat)  
 milk. They have the  
 same amount of

from the protein food  
 group each week,  
 such as seafood

Look out for salt (sodium) in foods  
 you buy. Compare sodium in foods  
 and choose those with a lower

number.

Drink water instead of sugary drinks.  
 Eat sugary desserts less often.

Make foods that are high in solid  
 fats—such as cakes, cookies, ice  
 cream, pizza, cheese, sausages, and  
 hot dogs—occasional choices, not

Limit empty calories to less than  
 260 per day, based on a 2,000  
 calorie diet.

Eating even a small amount of **meat, fish, chicken, or turkey** will help your body use the iron in other foods. **Vitamin C** helps your body use the iron in grains and vegetables. Eat or drink a food high in vitamin C at the same meal that you eat a good or fair source of iron.

**Pregnant women**  
**Breastfeeding women**  
**Men up to age 50**

**These fruits:** oranges, grapefruit, watermelon, strawberries, cantaloupe, mango, and papaya. Fruit juices such as orange juice and grapefruit juice or fruit juices with 120% or more vitamin C

**Babies and children**  
**Teenagers**

per serving.

**These vegetables:** tomatoes, tomato juice, broccoli, cabbage, and green peppers.

Try adding one of these fruits or vegetables high in **vitamin C** to your meal the next time you eat a **good** or **fair** source of iron. For example, add strawberries to your cereal, or drink orange juice or grapefruit juice with your eggs and toast.

Iron is a mineral that helps build healthy blood. If you don't eat

**Beans, Peas, Lentils**  
**Prunes, Prune Juice**  
**Potatoes with skin**

To help add iron to your food, use a cast

iron. People who have low-iron blood usually are tired a lot and get sick more often. Children who have low-iron blood may not learn as well.

**Children who drink too much milk and do not eat enough foods high in iron can have low-iron blood. Children 2 to 5 years old**

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## POTENTIAL SOURCES OF LEAD

- Old paint, especially if it is chipped or peeling or if the home has been recently repaired or remodeled
- House dust
- Soil
- Some imported dishes, pots and water crocks. Some older dishware, especially if it is cracked, chipped, or worn

## OPTIONS FOR LEAD TESTING

CDSS

CALIFORNIA  
DEPARTMENT OF  
SOCIAL SERVICES

FACTS OF

LEAD IN YOUR HOME

working with lead

- Some food, candies and spices
- A blood lead test is free if you have

from other countries

Medi-Cal or if you are in the Child

## LEAD POISONING FACTS

- Buildup of lead in the body is

Tap water is more likely to have lead if:

Filter your water- Consider using a water filter certified to remove

LEAD IN  
TAP WATER