Overview of COVID-19
What to look for

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- Trouble breathing
- Inability to wake or stay awake
- Persistent pain or pressure in the chest
- Blush lips or face
- New confusion

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus
STAY HOME IF YOU ARE SICK

DON'T FEEL WELL?
STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school.

- cough
- Shortness of breath or problem breathing
- chills
- sore throat
- loss of taste or smell
- muscle pain

OTHER SYMPTOMS INCLUDE:
- fever, runny nose, diarrhea, feeling nauseous or vomiting, feeling tired, headache, and poor appetite

cdc.gov/coronavirus
You can help STOP THE SPREAD

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- Stay at least 6 feet (about 2 arms’ length) from other people.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- When in public, wear a mask over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

[Links to CDC website]
Cover your cough and your sneezes

DON'T LET YOUR GERMS GO FOR A RIDE

COVER YOUR COUGHS AND SNEEZES

with a tissue or use the inside of your elbow.
If you use a tissue, throw it in the trash, and wash your hands right away.

If you can’t wash your hands, ask your teacher or another adult for hand sanitizer.

cdc.gov/coronavirus
Encourage your child to wear a mask, especially in the common areas (hallways).
Handwashing

Stop Germs! Wash Your Hands.

**When?**
- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**How?**

- **Wet your hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather your hands** by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub your hands** for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse hands** well under clean, running water.
- **Dry hands** using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)
If your child becomes sick at school, the school nurse will assess your child and follow current DPH/CDC guidelines. Parents will be notified if a child becomes sick during the school day. Parents will be given information about COVID-19 and current DPH/CDC guidelines. Staff will review the earliest date the sick child is expected to return to school. Sick children will be placed in an area separate from well children until a parent arrives. If appropriate, sick children will wear a face covering/mask while waiting on a parent to arrive.
If your child has confirmed COVID-19 or has been exposed to COVID-19, the school will remain in contact with you throughout quarantine. Please keep your current contact information on file at the school.
Thank you for working with school staff and keeping your children safe and healthy this school year!