

Coronavirus Disease (COVID)

Guidelines

WHAT IS COVID?

COVID is a disease caused by a virus named SARS-CoV-2. It can be very contagious and spreads quickly. COVID most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia.

COMMON SIGNS & SYMPTOMS

- Fever / chills
- Shortness of breath / difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion / runny nose
- Nausea / vomiting
- Diarrhea



COUGH



FEVER AND /OR CHILLS



SHORTNESS OF BREATH



RUNNY NOSE



MUSCLE ACHES /JOINT PAIN



LOSS OF TASTE AND SMELL

CONTAGIOUS TIME PERIOD:

Usually the first 5 days after symptoms begin

TIME FROM EXPOSURE TO SYMPTOMS:

1-10 days, usually day 4-6

SPREAD BY:

Direct or close contact with respiratory droplets, direct contact of eye, nose, or mouth secretions, or contaminated surfaces.

TREATMENT / SELF-CARE:

Rest, fluid intake, over the counter medications to reduce fever and to help with symptoms.

ACTION AT SCHOOL:

Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications. If no fever is present, students can stay in school.

CONSIDERATIONS AND PREVENTION MEASURES:

Practice good hand hygiene. Avoid kissing, sharing drinks, or utensils. Use proper disinfectant on surfaces and toys. Cover cough and sneeze with elbow.