

## **About COVID-19**

- A respiratory virus that spreads in manner similar to Flu
- Primarily spread via airborne droplets but also from contaminated surfaces - touching these surfaces and then touching face is a means of transmission
- Incubation period is usually around 5 days, but up to 14 days (best to test minimum of 5 days after exposure)
- Contagious up to 10 days from onset of symptoms
- Asymptomatic and pre-symptomatic spread is common
- All COVID-19 positive cases must be isolated at home for 14 days - *Isolation keeps someone who is sick and confirmed positive for COVID-19 or tested positive for COVID-19 and has no symptoms (asymptomatic) away from others, even in their own home. Isolation should continue until at least 10 days since symptoms first appeared or date of testing if positive for COVID-19, symptoms are improved, AND NO fever without fever-reducing medication for a minimum of 72 hours (3 days)*
- Close contacts to COVID-19 cases must be quarantined for 14 days - *Quarantine keeps someone who has been in close contact with someone who has COVID-19 away from others. A quarantine should be for 14 days after your last contact with the infected person. Temperature should be checked twice daily and monitor for symptoms of COVID-19. Contact health care provider if fever or other symptoms occur during this time.*
- Source control and safety measures in schools can prevent most transmission.

## **Symptoms of COVID-19:**

- muscle aches
- body aches
- fatigue-continuous feeling of being tired with no obvious reason
- new or worsening cough, runny nose, congestion, or headache
- shortness of breath or difficulty breathing
- sore throat
- fever  $\geq$  100 degrees F
- chills
- new loss of taste or smell
- nausea, vomiting or diarrhea

## **How to prevent the spread of COVID-19:**

- Social distancing of at least six feet
- Wearing a face covering that completely covers both nose and mouth
- Hand hygiene – washing hands often with soap and water and using hand sanitizer that is a least 60% alcohol