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# CORONAVIRUS RESOURCES FOR SCHOOLS AND THE COMMUNITY

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*Information in this document has been obtained  
from local health departments and the Center  
for Disease Control and Prevention.*

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ARCHDIOCESE OF WASHINGTON – CATHOLIC SCHOOLS OFFICE

# Coronavirus (COVID-19)

## Resources

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## DEPARTMENTS OF HEALTH

### Maryland Department of Health

- Frequently Asked Questions: Guidance for Schools About the Novel Coronavirus (COVID-19)

[https://phpa.health.maryland.gov/IDEHASharedDocuments/Novel-Coronavirus-FAQ\\_for-K-12\\_FINAL.pdf](https://phpa.health.maryland.gov/IDEHASharedDocuments/Novel-Coronavirus-FAQ_for-K-12_FINAL.pdf)

- Communicable Diseases Summary: A Guide for School Health Services Personnel, Child Care Providers and Youth Camps

[https://mmcp.health.maryland.gov/epsdt/healthykids/Documents/Communicable\\_Diseases\\_Fact\\_Sheet.pdf](https://mmcp.health.maryland.gov/epsdt/healthykids/Documents/Communicable_Diseases_Fact_Sheet.pdf)

- Infection, Prevention, and You

<http://professionals.site.apic.org/settings-of-care/non-healthcare-setting/school/>

### DC Department of Health

- Update and Interim Guidance: Novel Coronavirus (2019)-nCOV) Outbreak

[https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/2019nCoV\\_HAN\\_31st\\_Jan\\_FINAL.pdf](https://dchealth.dc.gov/sites/default/files/dc/sites/doh/publication/attachments/2019nCoV_HAN_31st_Jan_FINAL.pdf)

### **Local Health Departments**

[Calvert County](#) (410) 535-5400

[Charles County](#) (301) 609-6900

[District of Columbia](#) (202) 442-5955

[Montgomery County](#) (301) 251-4850 / (240) 777-0311

[Prince Georges County](#) (301) 883-7879

[St. Mary's County](#) (301) 475-4330

## **[Center for Disease Control and Prevention \(CDC\)](#)**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### **Fact Sheets**

#### **What you need to know about coronavirus disease 2019 (COVID-19)**

- General Facts about the coronavirus, status in the U.S., and protection.

(English Version) <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

(Spanish Version) <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf>

#### **What to do if you are sick with coronavirus disease 2019 (COVID-19)**

- Information on how to care for yourself and protect others.

(English Version) <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

(Spanish Version) <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf>

**CDC Videos** <https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html>

## Checklists for Planning

Guidance for school/childcare programs about a Pandemic Flu. Plan before a pandemic, action during a pandemic, and follow up after a pandemic.

### **Pandemic Flu Checklist: K-12 School Administrators**

<https://www.cdc.gov/nonpharmaceutical-interventions/pdf/pan-flu-checklist-k-12-school-administrators-item2.pdf>

(Spanish Version) <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/pan-flu-checklist-workplace-administrators-item1-spanish.pdf>

### **Pandemic Flu Checklist: Childcare Program Administrators**

<https://www.cdc.gov/nonpharmaceutical-interventions/pdf/pan-flu-checklist-childcare-program-administrators-item3.pdf>

(Spanish Version) <https://www.cdc.gov/nonpharmaceutical-interventions/pdf/pan-flu-checklist-childcare-program-administrators-item3-spanish.pdf>

## Symptoms

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of [MERS](#)-CoV viruses.

## Protection

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

**Protect yourself and others from getting and spreading respiratory illnesses like pandemic flu.**

**Nonpharmaceutical Interventions (NPIs)** are actions, apart from getting vaccinated and taking medicine, that people and communities can take to help slow the spread of illnesses like pandemic influenza (flu). NPIs are also known as community mitigation strategies. When a new flu virus spreads among people, causing illness worldwide, it is called pandemic flu. Because a pandemic flu virus is new, the human population has little or no immunity against it. This allows the virus to spread quickly from person to person worldwide. NPIs are among the best ways of controlling pandemic flu when vaccines are not yet available.

This website provides decision makers, planners, and public health professionals with educational tools, resources, pandemic planning guides, checklists, and select research about the types of NPIs and how they work in different settings.

<https://www.cdc.gov/nonpharmaceutical-interventions/index.html>

## Preventive Measures

**There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

**If you are sick, to keep from spreading respiratory illness to others, you should**

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- **Clean and disinfect frequently touched objects and surfaces.**

## Handwashing

Resources for handwashing and fact sheets for families.

**Handwashing: Clean Hands Save Lives**

<https://www.cdc.gov/handwashing/handwashing-family.html>

**Handwashing: Keeping Your Family Healthy**

(English Version) [https://www.cdc.gov/handwashing/pdf/family\\_handwashing-508.pdf](https://www.cdc.gov/handwashing/pdf/family_handwashing-508.pdf)

(Spanish Version) [https://www.cdc.gov/handwashing/pdf/family\\_handwashing\\_esp-508.pdf](https://www.cdc.gov/handwashing/pdf/family_handwashing_esp-508.pdf)

## Preventing the Flu

Video about how to stop the spread of the flu.

**Childcare and K-12 Seasonal Flu Video** <https://youtu.be/8msgGjI3xU>

## Emergency Kit Checklist for Kids and Families

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>