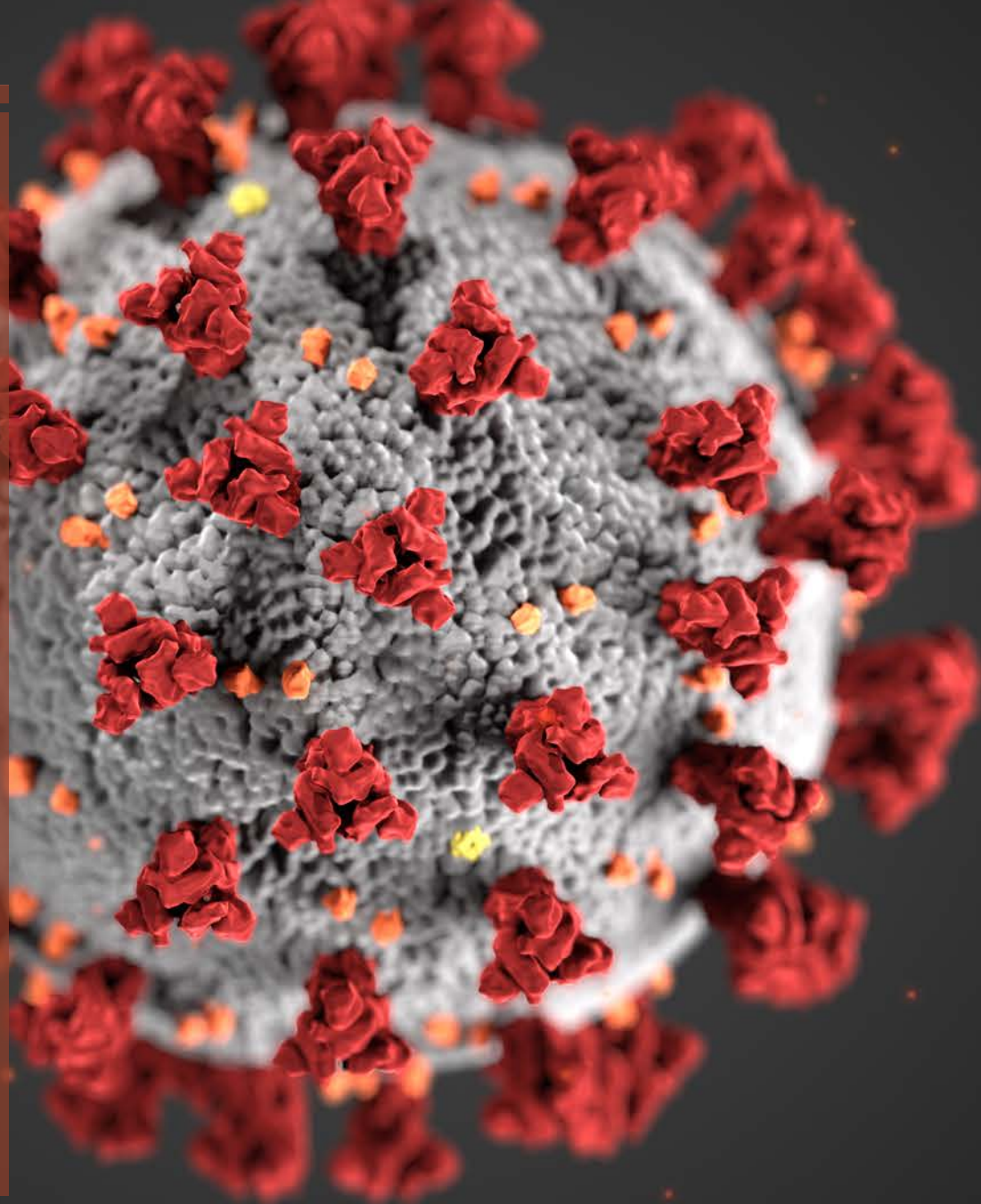


COVID-19

WHAT YOU NEED TO KNOW





WHAT IS COVID-19 ?

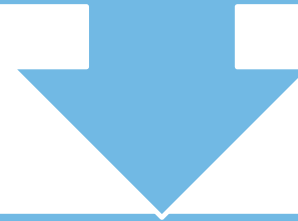
The abbreviation COVID-19 stands for corona virus disease 2019. It's a disease caused by a new strain of coronavirus that can spread easily from person to person causing mild to severe illness.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Everyone is at risk of getting COVID-19. Older people and people with underlying medical conditions are at higher risk to develop more serious illness.

(World Health Organization, Centers for Disease Control and Prevention)

HOW IS COVID-19 SPREAD ?

The primary and most important mode of transmission for COVID-19 is through close contact from person-to-person.



It may also be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

PERSON-TO-PERSON SPREAD

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs, sneezes, or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

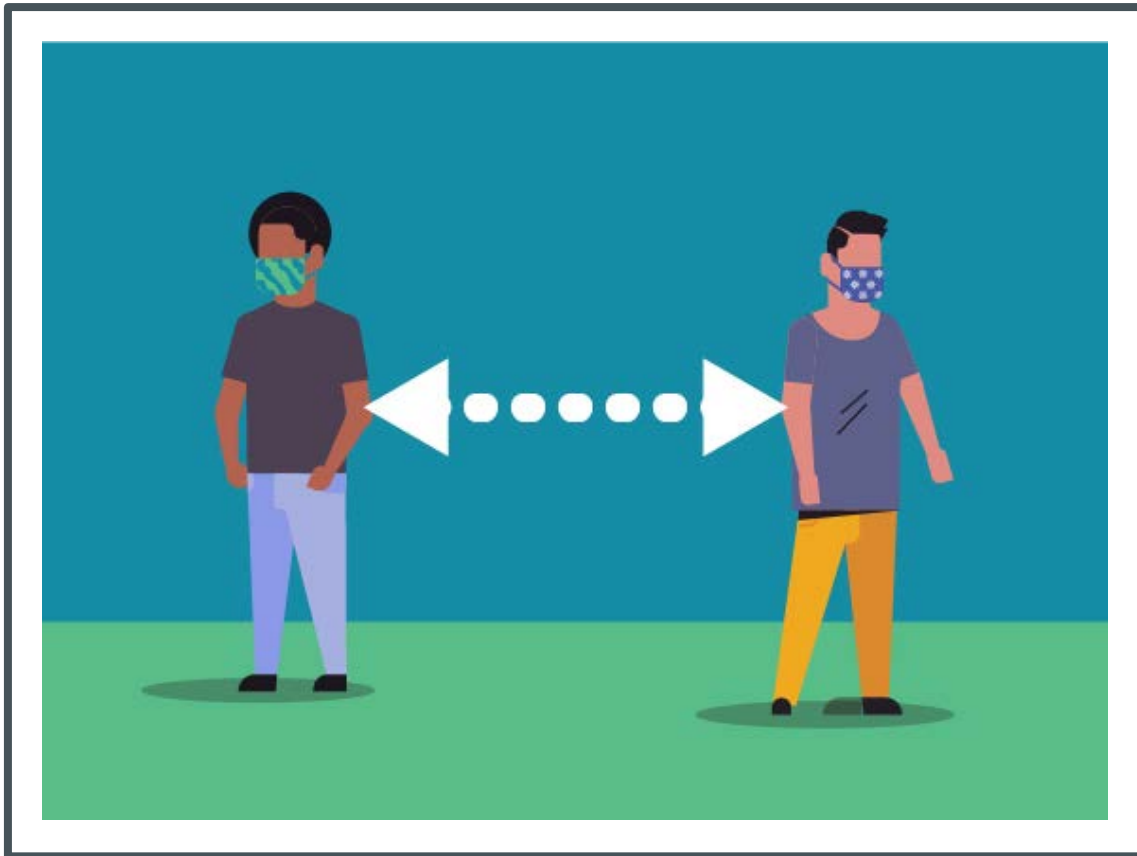
COVID-19 may be spread by people who are not showing symptoms.

HOW TO PROTECT YOURSELF AND OTHERS

**THE BEST WAY TO PROTECT
YOURSELF IS TO AVOID BEING
EXPOSED TO THE VIRUS THAT
CAUSES COVID-19**

- Practice social distancing
 - Wash your hands often
 - Routinely clean and disinfect frequently touched surfaces
 - Cover your mouth and nose with a cloth face covering when around others
-

PRACTICE SOCIAL DISTANCING



- Put distance between yourself and other people outside of your household.
 - Remember that some people without symptoms may be able to spread the virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.

WASH YOUR HANDS OFTEN

- Wash your hands with soap and water for at least 20 seconds especially after coughing or sneezing or blowing your nose, after you have been in a public place, after using the bathroom, before eating or preparing food, when caring for the sick.
- If soap and water are not readily available, use hand sanitizer containing at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose or mouth with unwashed hands.



CLEAN AND DISINFECT SURFACES



- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. Clean hands immediately after gloves are removed.

COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVERING WHEN AROUND OTHERS

- You could spread COVID-19 to others even if you do not feel sick. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.
- Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



PROPER WEAR AND CARE OF A MASK

Fit	Masks must fit snugly to cover the nose bridge, mouth and chin
Wash	Wash hands before putting on a mask and when removing a mask
Touch	Only touch the mask by its straps
Avoid	Avoid touching the mask while it is being worn
Change	Change the mask if it becomes wet
Place	Place the mask in a container when not in use
Bring	Bring an extra mask to school

WATCH FOR SYMPTOMS

PEOPLE WITH COVID-19 HAVE HAD A WIDE RANGE OF SYMPTOMS REPORTED – RANGING FROM MILD SYMPTOMS TO SEVERE ILLNESS.

SYMPTOMS MAY APPEAR 2 - 14 DAYS AFTER EXPOSURE TO THE VIRUS.

People with these symptoms may have COVID-19:

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

This list does not include all possible symptoms.

ABOUT MIS-C

MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C) IS A CONDITION WHERE DIFFERENT BODY PARTS CAN BECOME INFLAMED, INCLUDING THE HEART, LUNGS, KIDNEYS, BRAIN, SKIN, EYES, OR GASTROINTESTINAL ORGANS.

- We do not yet know what causes MIS-C. However, many children with MIS-C had the virus that causes COVID-19 or had been around someone with COVID-19.
- Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra tired.
- **Contact your child's doctor, nurse, or clinic right away** if your child is showing symptoms of MIS-C or symptoms of COVID-19.



RESOURCES

- World Health Organization (WHO)
- Centers for Disease Control and Prevention (CDC)
- National Institutes of Health/National Institute of Allergy and Infectious Diseases (NIAID)
- Harvard Healthy Buildings Program: Schools for Health, Risk Reduction Strategies for Reopening Schools