COVID-19 Fact Sheet for Teachers and Staff

You are receiving this Fact Sheet because:

☐ **There has been a confirmed case of COVID-19 in _____. After investigation, it has been determined that you are <u>not a close contact</u> of the confirmed case. The purpose of this fact sheet is to notify you of the situation and remind everyone of prevention measures.**

☐ **For informational purposes only.**

What is novel coronavirus (COVID-19)? Who is at risk for severe illness?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. The virus usually causes mild illness, but it can sometimes cause severe illness and pneumonia. Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. People of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

More information about who is at increased risk for severe illness and other people who need to take extra precautions can be found on the CDC website: www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html

Children are not currently a high-risk group for serious illness from this virus. There have been a few cases of multi-system inflammatory syndrome in children (MIS-C), a rare complication of COVID-19 in children. Children with certain health conditions, such as heart disease, asthma or weakened immune systems may be at higher risk.

What are the common symptoms of COVID-19?

Most coronavirus illnesses are mild with fever and cough. Adults and children with COVID-19 have reported the following symptoms or combinations of symptoms. These may appear 2 – 14 days after exposure to the virus:

- Fever of 100.4°F or 38°C or higher
- Cough
- Shortness of breath or difficulty breathing
- Chills

- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Other signs of new illness that are unrelated to a preexisting condition (such as seasonal allergies)

This list does not include all possible symptoms. Please talk to your medical provider for any other symptoms that are severe or concerning to you. Children with COVID-19 usually have milder symptoms. To learn more about COVID-19 symptoms, visit the Centers for Disease Control and Prevention website (www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

How is COVID-19 spread?

Health experts are still learning more about how COVID-19 spreads. Currently experts think the virus spreads when an infected person coughs, sneezes, or talks close to other people. Droplets can enter the mouths or noses of people who are nearby. They can also be inhaled by people who are in close contact with one another. Close contact means being within 6 feet (2 meters) of someone for about 15 minutes, or if someone with COVID-19 coughed on you, kissed you, or shared utensils with you.

The virus can also spread when a person touches a surface that has the novel coronavirus on it and then touches their own mouth, eyes, or nose. People infected with COVID-19 are thought to be most contagious when they are feeling sick. They can spread the virus to others up to 48 hours before symptoms begin. People who never have symptoms can also spread the virus.

How can I protect myself and my family from COVID-19?

Currently, there are no vaccines available to prevent COVID-19 infections.

The best ways to protect yourself and your family are to:
- Stay home as much as possible. Minimize contact with people who do not live with you. Work from home when possible.
- When outside your home, practice physical distancing by staying at least 6 feet (2 meters) away from others.
- Avoid group gatherings and poorly ventilated areas.
- Wear a cloth face covering that covers your nose and mouth when you are in a public place, including outdoors if you cannot stay at least 6 feet (2 meters) away from others.
- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer (60% alcohol or greater). Do not use sanitizer on children under age two.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick. Stay home when you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular use of EPA-registered household disinfectants is recommended.

- Check CDC's Travel Alerts and tips for COVID-19 at www.cdc.gov/coronavirus/2019-ncov/travelers/ if you or your family are traveling within the United States or overseas.

What should I do if I or someone in my family develops symptoms of COVID-19 or has confirmed COVID-19?
- Anyone who is sick should stay home.
- If you or someone in your family has symptoms of COVID-19, call your medical provider to get tested. For testing locations visit: www.netchd.org/covid-19/covid-19-symptoms-and-testing/
- Anyone who develops symptoms or has confirmed COVID-19 should remain at home and away from others. Learn more at www.netchd.org/covid-19/covid-19-symptoms-and-testing/.
- Tell your school if you or someone in your household tests positive for COVID-19.

How is COVID-19 treated?
There are no medications specifically approved for COVID-19. Most people with mild COVID-19 will get better on their own. Drink plenty of fluids, rest, and take pain and fever-reducing medications. However, some people may get pneumonia and will need medical care or hospitalization.

How do I find a COVID-19 testing location nearby?
- For a list of locations that provide COVID-19 testing visit: www.netchd.org/covid-19/covid-19-symptoms-and-testing/
- For more information about what to do if you have confirmed COVID-19 or are worried that you may have COVID-19, visit: www.netchd.org/covid-19/covid-19-symptoms-and-testing/.

This document was issued on 9/17/2020. It has been adapted from the Seattle & King County Child Care Health Program website. It is for information only and is not meant as a substitute for consultation with your medical provider. This document may be updated as we learn more about this novel virus. Please see www.netchd.org for updates and other COVID-19 information.