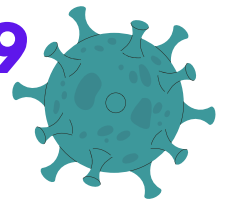




RESPIRATORY VIRUSES AND COVID-19 INFORMATION



WHAT IS A GENERAL RESPIRATORY VIRUS?

A general respiratory virus can cause other respiratory illnesses like:

- FLU
- COVID-19
- Respiratory Syncytial Virus (RSV)

WHAT IS COVID-19?

COVID-19 is caused by virus called SARSCoV-2. Most people will experience mild to moderate illness and recover without special treatments. However, some become very sick and need medical attention.

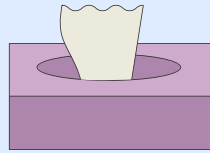
HOW DO RESPIRATORY VIRUSES AND COVID-19 SPREAD?

- Coughing
- Sneezing
- Talking
- Touching face after touching doorknob, phone, tv remote, etc.
- Sometimes viruses can be passed to someone else even if they do not feel sick



SYMPTOMS OF RESPIRATORY VIRUSES AND COVID-19

- Chills, Fever (temperature higher than 100.4F)
- Cough, difficulty breathing
- Headache
- Runny nose
- Sore throat
- Feeling tired
- Decrease in appetite
- Vomiting, Diarrhea



PREVENTING SPREAD

- Steps to Wash Hands
 - 1) Wet, 2) lather with soap, 3) scrub hands for 20 seconds, 4) rinse, 5) dry
- Cover coughs and sneezes with tissue or if no tissue use inside of elbow
- Stay away from others if you are showing signs of illness
- Use a mask for children >2 years old
- Open windows at home



When to return to school safely



The CDC guideline says:

- Students should stay at home for 24 hours
- Students should show 1) improved symptoms and 2) no fever (without taking antifever meds)
- Students should keep following guidelines by washing hands, using a mask, and opening windows to let clean air enter the room.



WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

- Fast breathing
- Difficulty breathing or breathing with a whistling sound
- Unusually tired
- Has dark colored pee