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What is corona virus?

- COVID-19 is the disease caused by the virus strain that began spreading in people in December 2019.

• What are the symptoms?

- The CDC believes these symptoms appear in as few as two days after being exposed to someone with the disease or as long as 14 days after exposure:
- Fever
- Cough
- Shortness of breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

• How do I prevent getting the virus?

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.

- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What do I do if I am sick?

- Stay home except to get medical care
 - Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
 - Avoid public areas: Do not go to work, school, or public areas.
- **Separate yourself from other people and animals in your home**
- **Call ahead before visiting your doctor**
 - If you are sick: You should wear a facemask when you are around other people (sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
 - If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.
- **Wear a facemask if you are sick**
- **Cover your coughs and sneezes**

- **Clean your hands often**
- **Avoid sharing personal household items**
- **Clean all “high touch” surfaces everyday**
- **Monitor your symptoms:**
 - Seek medical attention: Seek prompt medical attention if your illness is worsening (difficulty breathing).
 - Call you doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
 - Wear a facemask when sick: Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.
 - Alert health department: Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department, as appropriate.