



## **How COVID-19 Spreads**

COVID-19 is spread when someone with the virus coughs or exhales; they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects. People could catch this by touching contaminated surfaces or objects and then touching their eyes, nose, or mouth. It can also be spread by standing within 3 feet of an infected person if they cough or exhale.

This virus is spread in a similar way as the Flu. Most people infected experience mild symptoms and recover. Risk of serious illness rises with age: people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

## **Symptoms**

The most common symptoms are fever, tiredness, and dry cough. Some patients experience aches and pains, nasal congestion, runny nose, sore throat or diarrhea. Anyone with fever, cough and difficulty breathing should seek medical attention. (If possible, call ahead to report symptoms)

## **Procedures to promote prevention**

- Keep your child home when they are sick. Students must be fever free for 24 hours after a fever resolves, without fever reducing medication, before returning to school.
- Avoid touching eyes, nose, or mouth.
- Cover coughs and sneezes. Use a tissue to cover nose and mouth and then dispose of the tissue. If no tissue is available, cough or sneeze into your elbow.
- Clean and disinfect surfaces or objects, especially frequently touched surfaces.
- Wash hands frequently for 20 seconds under clean, running water using soap. If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60-95% alcohol.