



What students need to know about **COVID-19**

What is **COVID-19**?

Coronavirus (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus.

This virus can spread from person to person.

The COVID-19 outbreak is a worldwide occurrence, also known as a pandemic.

COVID-19 symptoms can range from the infected person showing no symptoms (asymptomatic) to mild to severe symptoms. In some cases, people have also died due to COVID-19.

Symptoms of **COVID-19**

- Fever (100.4° F and higher)
- Cough
- Shortness of breath or difficulty breathing
- Headache
- Congestion or runny nose
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Less common symptoms:
nausea, vomiting, or diarrhea

How does **COVID-19** spread?

Infected people spread the virus to other people they are in close contact with (within about 6 feet).

It spreads through respiratory droplets produced when an infected person coughs, sneezes, or talks.

These infected droplets can land in the mouth or noses of people who are nearby.

It may also spread by touching a surface that an infected person touched, and then touching your own mouth, nose, or possibly eyes.

People are most contagious when they are symptomatic (have a fever, cough, shortness of breath, etc.).

WHAT TO DO IF YOU HAVE **COVID-19 SYMPTOMS**

Tell your parent/guardian, teacher or school nurse right away.

WHEN TO STAY HOME FROM SCHOOL:

- When you have COVID-19 symptoms
- When you have traveled off-island within the last 14 days
- When you are a close contact of a COVID-19+ individual