**How does the virus spread?**

* Person-to-person is thought to be the main way COVID-19 spreads. This occurs between people who are in close contact with each other (within about 6 feet), when an infected person coughs, sneezes, or talks causing the droplets to land in the contacts mouth and nose or to be inhaled by the lungs.
* COVID-19 may be spread by people who are not showing symptoms.
* By touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.
* The virus appears to possibly spread from people to animals, although the risk is low. Find out [what to do if you have pets.](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html)

**What can I do to help reduce the spread of COVID-19?**

* Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use a hand sanitizer that contains at least 60% alcohol.
* Avoid touching your eyes, nose and mouth with unwashed hands.
* Avoid close contact with people who are sick, even inside your own living space.
* Stay at least 6 feet away from people outside of your home.
* Cover your mouth and nose with a cloth face covering even if you don’t feel sick.
* Cover coughs and sneezes with the inside of your elbow or a tissue. Throw the tissue in the trash and clean your hands immediately.
* Cleans and disinfect frequently touched surfaces daily.
* Monitor your health.
* For more detailed information visit the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

**What are the symptoms of COVID-19?**

There are a wide range of symptoms associated with COVID-19, ranging from no symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID=19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue, muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

This list does not include all possible symptoms. See the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) for updated information.

**What should students bring in their first aid kit?**

* Thermometer - We will be asking all students to check their temperature daily before they leave their room.
* Acetaminophen or Ibuprofen
* Cough medicine
* Decongestant
* Antihistamine
* Cough drops or throat lozenges
* Band-aids
* Antiseptic wipes
* Hydrocortisone cream