

### **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.](#)

### **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.](#)

### **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](#) 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