

# HEALTH BULLETIN    Covid-19 (Coronavirus Disease 2019) (SARS-CoV-2)

<b>Possible Symptoms:</b>	Symptoms may include but are not limited to: Fever (over 100.4) 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.
<b>How It Is Spread:</b>	Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus. Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze. Touching eyes, nose, or mouth with hands that have the virus on them.
<b>Incubation:</b>	2-14 days
<b>Communicable Period:</b>	10-20 days after onset of symptoms, depending on the severity of the case.
<b>Control:</b>	<p>Provide information to the school regarding the nature of the illness.</p> <p><u>Symptomatic:</u> Exclude your child from school until at least 5 days have passed since onset of symptoms and child has been fever free for 24 hours without the aid of medication.</p> <p><u>Asymptomatic:</u> Exclude your child from school until at least 5 days have passed since positive test result.</p> <p>If child returns before 10 days, a mask should be worn for the remaining 5 days.</p>
<b>Suggested Treatment:</b>	Taking medications, like acetaminophen or ibuprofen, to reduce fever. Drinking water or other fluids. Getting plenty of rest to help the body fight the virus. Treatment plan may be provided by doctor depending on severity of illness.
<b>Prevention:</b>	Use good handwashing and surface sanitation techniques. Wearing a mask, getting vaccinated, and routine testing may prevent the spread.
<b>References:</b>	Center for Disease Control and Prevention (CDC) <a href="http://www.cdc.gov">www.cdc.gov</a>
<b>Other Information:</b>	Guidance may change based on community levels. For more information on your community, please visit <a href="https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html">https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html</a>

