

Revised 9/3/20: Taking steps to protect the health and well-being of CCPS students and staff is a priority. Please see the attached handouts from the Centers for Disease Control (CDC) - What you should know about COVID-19 to protect yourself and others, and Symptoms of Coronavirus.

Signs and Symptoms of COVID-19 and COVID-19 like illness include any **one** of the following:

- |                       |                                      |
|-----------------------|--------------------------------------|
| *Cough                | *Shortness of breath                 |
| *Difficulty Breathing | *New onset of loss of taste or smell |

Or at least **two** of the following symptoms:

- |                           |                           |           |
|---------------------------|---------------------------|-----------|
| *Fever (100.4 or higher)  | *Chills or shaking chills | *Headache |
| *Muscle aches             | *Sore throat              | *Fatigue  |
| *Diarrhea                 | *Nausea or vomiting       |           |
| *Congestion or runny nose |                           |           |

**Requirements to attend school in-person:**

- Parents/guardians must review and monitor their child's symptoms and exposure risk every day. Temperature screening must also occur daily prior to reporting to school.
- **Students cannot attend school or any school activities if they are:**
  - **exhibiting any signs/symptoms of COVID-19**
  - **have been in close contact (within 6 feet for at least 15 minutes) to someone who is positive for COVID-19 or exhibiting COVID-19 like symptoms in the past 14 days**
  - **have been diagnosed with COVID-19 or been instructed by a health care provider of the health department to isolate or quarantine**
- The school nurse must be contacted if the student cannot attend school.
- If a student becomes ill while attending school in-person, parents/guardians will ensure that they are picked up promptly and will comply with recommended quarantine or isolation as directed.
- Students must be fever-free (less than 100°F) for 24 hours without the use of fever reducing medications to attend school.
- Students the age of 5 and older must wear a face covering during the school day, including the school bus, unless he/she has a bonafide disability or medical condition.
- Face coverings are also required for students under the age of 5 on the school bus unless he/she has a bonafide disability or medical condition. A face covering is recommended for preschool age students if worn appropriately.

I have read the information included in this packet and will follow the requirements for my child for in-person attendance to school or any school activities.

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
School and Grade Level

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has **emergency warning signs of COVID-19.**

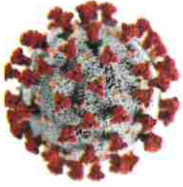
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

