
Back to School Information

— COVID-19 Parent Information for —
Phase 2

Topics

- **Corona Virus (COVID-19):** What it is, how it spreads, symptoms
- **Stop the Spread:** Handwashing, masks, disinfecting surfaces, social distancing
- **Testing Positive:** What to do if you are sick, if you test positive, or if someone close to you tests positive.
- **Talking about COVID-19:** How to talk to kids about a pandemic
- **Staying Healthy:** How to take care of yourself and your family
- **Where to get help:** Mental health resources

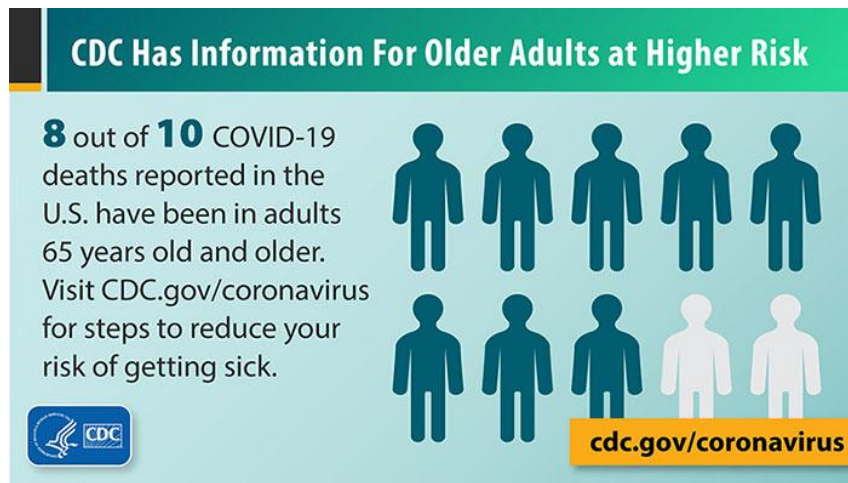
Facts about COVID-19

COVID-19 is a new virus.

COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2)

The virus spreads from person to person, and anyone can have mild to severe symptoms.

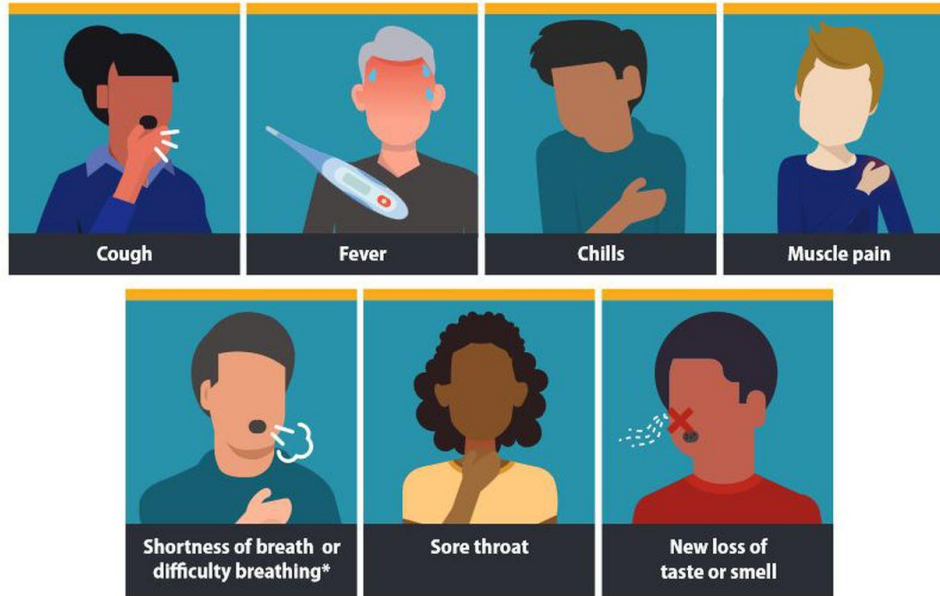
Older adults and people who have severe underlying medical conditions like heart or lung disease, or diabetes, seem to be at higher risk for developing more serious complications from COVID-19 illness.



Symptoms

Symptoms may appear 2-14 days after exposure:

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



Emergency Situations:

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- 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 medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

How to Protect Yourself and Stop the Spread

How it spreads:

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Wash your hands:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.



You should also:

Avoid close contact

- Inside your home: Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arm's length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wearing a mask may protect you and others.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - ***Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.***
- Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- For more information on cloth mask coverings, click [here](#).

How to wear a mask:

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily





Who should wear a mask?

AGE	FACE COVERING REQUIREMENT
Under 2 years old	No
2 years old - 2nd grade	Yes, unless exempt*
3rd grade - High School	Yes, unless exempt**
All Staff at WJUSD	Yes, unless exempt**
Parents/Guardians/Adults 18 and over	Yes, unless exempt**

* Face coverings are strongly encouraged for young children between two years old and second grade, if they can be worn properly. A face shield is an acceptable alternative for children in this cohort who cannot wear them properly. **While the CDC only “strongly recommends” face coverings for this age group, WJUSD will require all students aged 2 years and older to wear masks unless exempt.**

**Persons younger than two years old, anyone who has trouble breathing, anyone who is unconscious or incapacitated, and anyone who is otherwise unable to remove the face covering without assistance are exempt from wearing a face covering.

Disinfect your home:

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- For more information on how to clean your home, click [here](#).

KEY TIMES to Clean and Disinfect Your Home

✓ Daily
This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

✓ If someone in the home is sick
If someone in the home is sick, after they touch additional surfaces that someone else in the home may touch, like bathroom surfaces, utensils, light switches, etc.

Keep cleaning supplies out of the reach of children.

Clean: Use soap and water to clean dirty surfaces, prior to disinfection. **Then, disinfect:** apply disinfectant to surface, most of the common EPA registered household disinfectants work.



cdc.gov/coronavirus

COVID-19-202008

Monitor your health daily:

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.



What to do if You are Sick or Test Positive

What to do if you are feeling sick:

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. **If you think you may have been exposed to COVID-19, contact your healthcare provider.**

- If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.

If you test positive for COVID-19:

- **Stay home** except to get medical care.
- Separate yourself from other people in your home.
- Monitor your symptoms.
- Wear a cloth face mask if you must be around other people.
- Cover your cough and sneezes.
- Wash your hands frequently.
- Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding.
- Clean high touch surfaces in your home every day.

When you can be around others:

If you tested positive for COVID-19, *and* had symptoms:

You can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

If you tested positive for COVID-19 but had NO symptoms:

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

**** It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 10 days after exposure based on the time it takes to develop illness.**

Exposure to COVID-19

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months, are considered to have been **exposed** to the COVID-19 virus.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 10 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

Reporting Positive COVID Cases

If you, your child, and/or another family member in your household have tested positive for COVID 19, please call your child's school immediately to let them know.

The schools need to be aware of any student that has tested positive or has been exposed to COVID-19 in order to keep the other students in their classroom safe.

Talking About COVID-19

How to talk to your kids about COVID-19

“Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.”

-Center for Disease Control and Prevention

Ways to support your child:

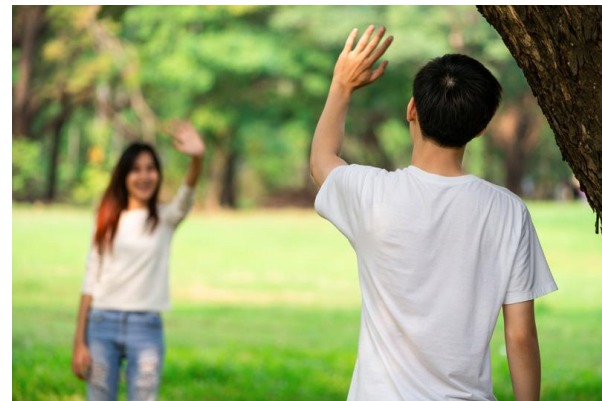
- [Talk with your child about the COVID-19 outbreak.](#)
- Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn from you how to cope with stress.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Spending time with your child in meaningful activities, like reading together, exercising, playing board games.

Can my child hang out with their friends?

The key to slowing the spread of COVID-19 is to practice social distancing. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household. Some children with certain underlying [medical conditions](#) are at higher risk for severe illness from COVID-19.

Make sure children practice [everyday preventive behaviors](#), such as washing their hands often with soap and water. Remember, if children meet outside of school in groups, it can put everyone at risk.

For more information, see [Help Stop the Spread of COVID-19 in Children](#).



Staying Healthy

Healthy Families

Help your child stay active

- Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

Help your child stay socially connected

- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.



Healthy ways to cope with stress:

- Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or [meditate](#)
 - [Try to eat healthy, well-balanced meals.](#)
 - [Exercise regularly.](#)
 - [Get plenty of sleep.](#)
 - Avoid excessive [alcohol and drug use.](#)
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Where to Get Help

Watch for behavior changes in your child:

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
- Poor school performance or avoiding school.
- Difficulties with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.

If you are noticing these changes, talk with your child. You can also seek help from your doctor, your child’s teacher, or from the resources on the next page.

Take care of your family's mental health:

You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. There are many resources that can help both you and your family:

- [Disaster Distress Helpline](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish or [Lifeline Crisis Chat](#)
- [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or [Online Chat](#)
- [The Eldercare Locator](#): 1-800-677-1116 [TTY Instructions](#)
- [Veteran's Crisis Line](#): 1-800-273-TALK (8255) or [Crisis Chat](#) or text: 8388255
- Or you can always call 911 to get immediate help in a crisis.

If you have questions:



NEW COVID-19 PHONE LINE

Questions about COVID-19? Call our COVID-19
Response Operations Center Line:

(833) 965-6268

(833-YOLOCOV)



Resources

All the written material and videos were taken directly from the Centers for Disease Control and Prevention (CDC) website. This information can be found at:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Thank you for viewing our presentation, brought to you by the WJUSD School Nurses

