

### What to Know about COVID-19:

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- Most commonly spread by respiratory droplets through talking, coughing, and sneezing.
- You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19.
- A person may develop symptoms as early as 2 days after infection or as late as 14 days after infection.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

### General Prevention:

- The best way to prevent illness is to avoid being exposed to the virus.
- Avoid close contact with sick people and stay at least 6 feet (about 2 arms' length) from other people.
- Wear a face covering/ mask over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- 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.
- Clean and disinfect frequently touched objects and surfaces.

#### Student Sent Home for ONE of the following (checked below)

- Fever  $\geq 100.4^{\circ}\text{F}$  via no-contact thermometer
- Cough (new or worsening)
- Shortness of breath or difficulty breathing
- Vomiting (one episode)
- Diarrhea (one episode)

#### Student Sent Home for TWO of the following (checked below)

- Chills
- Fatigue
- Muscle/body aches
- Headache
- New decrease in taste or smell
- Sore throat
- New congestion or runny nose
- Nausea
- Undiagnosed, new, and/or untreated rash or skin condition

#### Students May Return to School When

- Your child has been seen by a healthcare provider who **has provided written alternative diagnosis** (eg., strep, ear infection) and has been fever-free for 24 hours without the use of fever-reducing medications.

**or**

- If **no alternative diagnosis** from a healthcare provider and has not been tested

Return when:

- 10 days from the first day symptoms appeared **AND**
- 24 hours fever-free without the use of fever-reducing medications **AND**
- Symptoms have improved.

**A healthcare provider note to return with NO alternative diagnosis does not override the above criteria for return to school.**

**If we do not receive documentation of an alternate diagnosis or negative test result, your return to school date is:**

\_\_\_\_\_.

**Students should not attend school if, within the last 14 days, they:**

- Been in close contact (within 6 feet for longer than 15 minutes) with anyone who has been diagnosed with COVID-19.
- Been placed on quarantine for possible contact with COVID-19.
- Have a COVID-19 test pending.

Call 911 for any of the following:

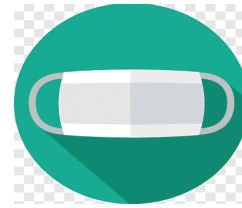
- Bluish lips or face
- Inability to wake or stay awake
- New confusion
- Complaints of persistent pain or pressure in the chest
- Fever  $\geq 103^{\circ}\text{F}$

**Resources:**

- [pcsb.org/coronavirus](https://pcsb.org/coronavirus)
- [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- [floridahealthcovid19.gov](https://floridahealthcovid19.gov)
- [covid19.pinellascounty.org/testing](https://covid19.pinellascounty.org/testing)
  - free testing available at limited sites

If you have any questions about this information, please contact your child's school or the Pinellas County School Health Services department at 727-588-6320.

The best protection from disease is  
**PREVENTION!**



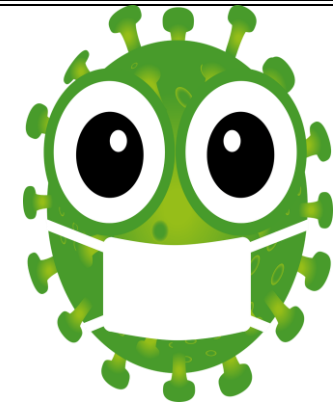
Wear a face mask over your nose and mouth



wash hands frequently with soap and warm water



Make sure your children receive their immunizations on time, especially an annual flu vaccine...



**What You Need to Know  
about COVID-19**

If you are sick with COVID-19 or think you might have COVID-19, follow these guidelines to care for yourself and help protect others.

School Health Services  
727-588-6320