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 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 distanced 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.

YOUR STUDENT IS BEING SENT HOME FOR <u>ONE</u> of the following:

- ○ Fever ≥100.4°F
- ○ Cough (new or uncontrolled)
- ○ Shortness of breath or difficulty breathing
- ○ Vomiting (one episode)
- ○ Diarrhea (one episode)
- ○ New decrease in taste or smell

YOUR STUDENT IS BEING SENT HOME FOR <u>TWO</u> or more of the following:

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

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YOUR STUDENT MAY RETURN TO SCHOOL WHEN:

1. Your child has been seen by a healthcare provider who has given **<u>a written alternative diagnosis</u>** for the symptoms; **OR**
2. A Negative COVID test result is provided by a healthcare provider or a Department of Health approved COVID testing site; **OR**
3. Return 11 days from today _____.

In Addition:
Your student **MUST** be fever free for 24 hours without the use of fever reducing medications **AND** symptoms have not worsened.

<u>Documentation MUST be submitted to the school nurse for clearance prior to the students return to class.</u>

PLEASE NOTE: Over the counter "At Home" testing kit results will not be accepted.

Only negative COVID test results from a healthcare provider or a Department of Health approved COVID testing site will be acceptable for school return.

Students should not attend school if they have:

- A COVID-19 test pending.
- A household member who has tested positive for COVID-19.
- Been placed on quarantine by the Department of Health for a COVID-19 exposure.

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 ≥103°F

Resources:

- pcsb.org/coronavirus
- cdc.gov/coronavirus
- floridahealthcovid19.gov
- 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!
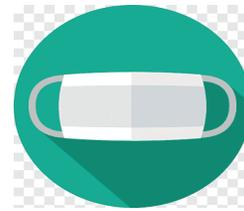
Wear a face mask over your nose and mouth

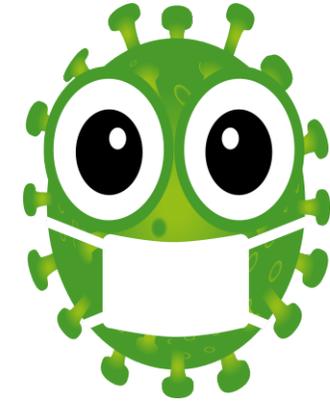**Wash hands frequently with soap and warm water**

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

Vaccinate eligible family members against COVID-19
**NOTE: Quarantine recommendations for fully vaccinated students will be subject to current CDC guidance.

PINELLAS COUNTY SCHOOLS

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