Coronavirus Prevention

Calcasieu Parish School Board   **March 2, 2020**

Coronavirus

Coronavirus (COVID-19) is a new human virus that is spread from person to person that was first identified in China. Diseases from the virus typically cause mild to moderate illness, like the common cold. However, coronavirus can cause serious infections like pneumonia.

How does COVID-19 spread?

Human coronaviruses most commonly spread to others from an infected person who has recently traveled to China or has been exposed to travelers and has symptoms through:

- Coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Do NOT assume that someone of Asian descent is likely to have coronavirus.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms **AND** traveled from mainland China in the prior 14 days have:

- Fever
- Cough
- Shortness of breath
- Pneumonia in both lungs (severe symptom)

Is there a vaccine?

There is currently no vaccine or anti-viral treatment. The best way to prevent infection is to avoid being exposed.

What should you do if recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the doctor's office before you go, and tell them about your travel and your symptoms. Avoid contact with others.

Prevent the spread of illness you should:

- **Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash or use your sleeve (not your hands).**
- **Avoid close contact with people who are sick.**
- **Clean and disinfect frequently touched objects and surfaces.**
- **Stay home when you are sick.**
- **Students who are ill have to be fever-free for 24 hours without fever-reducing medication before returning to school.**
- **Get a Flu shot.**
- **Facemasks are recommended for health care providers and people who are ill.**

For up-to-date information regarding the coronavirus, see:

Centers for Disease Control and Prevention (CDC, National) http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html

World Health Organization (WHO, International) https://www.who.int/health-topics/coronavirus