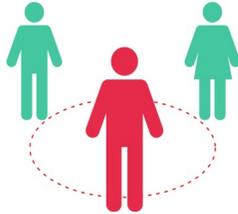


# COVID-19: A Guide For Parents

Ramsey School District Health Services Dept.

**TOGETHER  
WE CAN  
STOP THE  
SPREAD**



**SOCIAL  
DISTANCING**

## What is the difference between the Flu and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2), and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

## How does COVID-19 spread ?

COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (**within about 6 feet for 15 minutes or more in a 24 hour period**). People who are infected but do not show symptoms can also spread the virus to others. Cases of reinfection with COVID-19 have been reported.

### What are the symptoms of COVID-19?

People with COVID-19 have had a wide range of symptoms reported – ranging from no symptoms (asymptomatic) to mild symptoms or severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

## Slow the Spread of COVID-19

WASH YOUR HANDS OFTEN

WHEN OUT WITH YOUR FRIENDS, WEAR A MASK

AND STAY 6 FEET APART FROM OTHERS

CLEAN FREQUENTLY TOUCHED OBJECTS

DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH

COVER YOUR COUGHS AND SNEEZES

STAY HOME IF YOU ARE SICK

cdc.gov/coronavirus

## When should I keep my child home from school ?

- ⇒ Please be sure to notify your school nurse & building principal as soon as possible of the items below to expedite communications & contact tracing procedures.
- ⇒ If you child is ill or exhibiting COVID-19 compatible symptoms.
- ⇒ Someone in your household is diagnosed with COVID-19 or is being tested for COVID-19 due to illness.
- ⇒ Your child has had close contact (within 3- 6 feet of an infected person for at least 15 minutes for a cumulative total of 15 minutes or more over a 24-hour period) with a person with confirmed COVID-19.
- ⇒ If you are unsure if you should send your child to school please contact your child's school nurse.

**\*\*Please note guidelines can change. If you have a question please reach out to your child's school nurse for the most up to date information.\*\***