

**Protected Health Information**

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**Staff/Parent Guide to COVID-19**

**COVID-19** is a novel coronavirus. Coronaviruses are found in the family of viruses that are found in the common cold. Novel COVID-19 (SARs-COV2) mutated into a virulent virus that is not only spread through droplets in the air but on contact with infected material that is then introduced into eyes, nose, mouth and possibly through contact when toileting. The contagiousness of this virus has caused it to become a pandemic (a disease that is prevalent over a whole country or the world).

**Signs and Symptoms COVID-19 Infection:**

**Fever 100.4**

**Chills**

**Cough (Change in cough from their baseline of chronic respiratory condition)**

**Runny nose/ congestion**

**Sore throat**

**Tiredness**

**Fatigue**

**Headache**

**Muscle ache**

**Shortness of breath**

**Difficulty breathing**

**Nausea/Vomiting/Diarrhea**

Rash

Loss of Taste/Smell (This is distinct for COVID-19 and generally not found in the flu or other viral infections)

**\*\*If you have any of these signs and symptoms, please stay home until you have recovered and seek medical treatment/diagnosis when necessary. Follow your schools policy for RTS following an illness.**

**\*\* A person can be infected with the SARs-Cov2 virus and have no symptoms at all (asymptomatic).**

#### Important Terms:

Close contact is defined as being less than 6 feet away from a known positive COVID-19 person for >10 minutes or you have been sneezed on, coughed on or directly exposed to that persons secretions or body fluids.

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

#### Important Notes:

- If you have been identified as a *close contact* to a known positive case of COVID-19 then you will be required to Quarantine for 14 days before returning to school.
- If you are a *household contact* of a positive COVID-19 case, you are required to quarantine for 14 days from the date in which that COVID-19 positive case ends their self-isolation.
- Close contact is defined as being less than 6 feet away from a known positive COVID-19 person for >10 minutes or you have been sneezed on, coughed on or directly exposed to that persons secretions or body fluids.

- Parents should not send students to school when sick. School staff should have plans to isolate students with overt symptoms of any infectious disease that develop during the school day.

#### Exclusion from School Guidance:

For school settings, CDC and NJDOH recommends that students and staff with the following symptoms be promptly isolated from others and excluded from school:

- At least *two* of the following symptoms: fever (measure or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose; OR
- At least *one* of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, and new taste disorder.

#### Return to School Form:

Confirm an alternative diagnosis other than COVID-19 infection after absence due to illness.

Updated 8/2020