



COVID-19 Back-to-School Information for Parents

July 2, 2020



What is COVID-19?

- A disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.' The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.
- Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. Other symptoms may include muscle pain, headache, diarrhea/vomiting, sore throat, and loss of taste or smell.



How Does it Spread?

- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
 - The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

How Can I Explain COVID-19 to My Child?



- COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Scientists and doctors are still learning about it.
- Recently, this virus has made a lot of people sick.
- Scientists and doctors are trying to learn more so they can help people who get sick.
- Doctors and health experts are working hard to help people stay healthy.



Recognizing Symptoms in My Child

- Remember that symptoms of COVID-19 such as cough or fever can be similar to those of the flu, or the common cold, which are a lot more common.
- If your child is sick, keep them home from school and notify the school of your child's absence and symptoms.
- Explain to your child what is happening in simple words and reassure them that they are safe.



How can I prepare my child to go back to school?



Help Slow the Spread

As with other respiratory infections like the flu or the common cold, public health measures are critical to slow the spread of illnesses. Public health measures are everyday preventive actions that include:

- Keep your child home when sick
- Only leave your house for medical appointments until fever free for at least 24 hours (that is two full days of no fever without the use of medicine that reduces fevers)
- Clean frequently touched surfaces and objects in your home



Practice Good Hand Hygiene





Proper Respiratory Hygiene

TEACH YOUR CHILD TO:

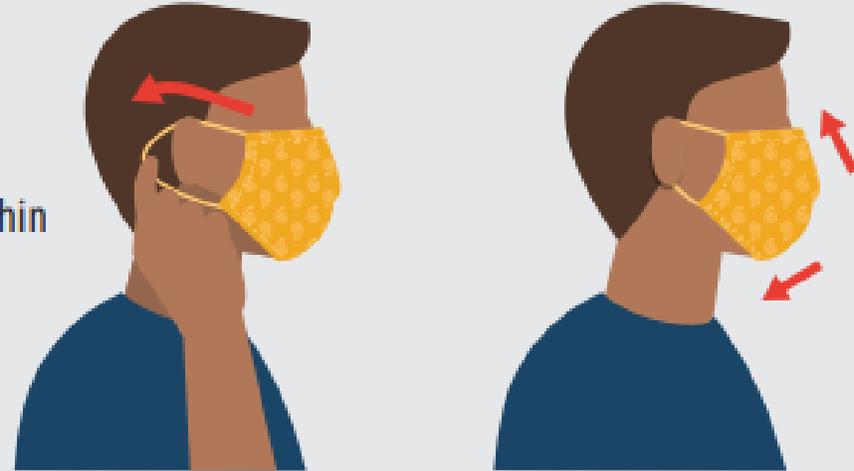
- Cover a cough or sneeze with a flexed elbow or tissue
- Throw away the tissue into a closed bin
- Wash their hands or use hand sanitizer before touching their eyes, mouth, or nose



Correct Placement of Face Mask

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



Helping Your Children Cope With Stress



- Children may respond to stress in different ways.
- Common responses include having difficulties sleeping, bedwetting, having pain in the stomach or head, and being anxious, withdrawn, angry, clingy or afraid to be left alone.
- Respond to children's reactions in a supportive way and explain to them that they are normal reactions to an abnormal situation.
- Listen to their concerns and take time to comfort them and give them affection, reassure them they're safe and praise them frequently.



Encourage Them To Ask Questions

- Encourage your children to ask questions and express their feelings with you and their teachers.
- Remember that your child may have different responses to stress; be patient and kind.
- Prevent stigma by using facts and reminding students to be thoughtful of one another.



Stay Up To Date

- Families are encouraged to stay up to date with information about the disease and its spread in their community. Seek information from credible sources like their pediatrician, the AAP, CDC, and state and local health departments.
- Remember that YOU have a powerful role in supporting YOUR child's health and learning by partnering with your school to provide a healthy start to the school year!