

## COVID-19 Fact Sheet for Families

**The purpose of this fact sheet is to remind everyone of the prevention measures in the event a positive case is confirmed in your child's school. Every positive COVID-19 case within the school system is investigated in collaboration with the Wheeling-Ohio County Health Department. If your child is identified as a close contact, you will be contacted by the school to review the protocol and review dates for quarantine, testing, and masking.**

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### What is novel coronavirus (COVID-19)?

Novel coronavirus (COVID-19) is a virus strain spreading from person-to-person. Health experts are concerned because this virus can cause severe illness and pneumonia in some people — especially people over age 60, people with certain health conditions (such as heart or lung disease, or diabetes) or weakened immune systems, and pregnant people.

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

Most coronavirus illnesses are mild with fever and cough. Adults and children with COVID-19 have reported the following symptoms or combinations of symptoms, which may appear in as few as 2 days or as long as 14 days after exposure to the virus:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.4°F or 38°C or higher
- Chills
- Congestion or runny nose
- Headache
- Muscle pain or body aches
- Sore throat
- Fatigue
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell



This list is not all possible symptoms. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Children with COVID-19 usually have milder symptoms. To learn more about COVID-19 symptoms, visit the Centers for Disease Control and Prevention website.

### How is COVID-19 spread?

Health experts are still learning more about how COVID-19 spreads. Currently experts think the virus spreads when an infected person coughs, sneezes, or talks close to other people. Droplets can enter the mouths or noses of people who are nearby or can be inhaled by people who are in close contact with one another. Close contact means being within 6 feet of someone for about 15 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you, or you had direct contact with their body secretions. People infected with COVID-19 are thought to be most contagious when they are feeling sick, but we also know they can spread the virus to others up to 48 hours before symptoms begin or even if they never develop symptoms.

### Who is at risk for severe illness from COVID-19?

People who are considered most at risk are those 60 years or older, people with health conditions such as heart or lung disease, diabetes, or weakened immune systems, and pregnant people. Children are not currently a high-risk group for serious illness from this virus. However, there have been a few cases of multi-system inflammatory syndrome in children (MIS-C), a rare complication of COVID-19 in children. Children with certain health conditions, such as heart disease, asthma or weakened immune systems may be at higher risk.

### How can I protect myself and my family from COVID-19?

The best ways to protect yourself and your family are to:

- Get a COVID-19 vaccine for eligible family members.
- When outside your home, practice social distancing by staying at least 6 feet away from others.
- Avoid large group gatherings and poorly ventilated indoor spaces.
- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer (60% alcohol or greater). Do not use sanitizer with children under age two.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.

### What should I do if someone in my family develops symptoms of COVID-19 or has confirmed COVID-19?

- Anyone who is sick should stay home.
- If someone in your family has symptoms of COVID-19, call your healthcare provider to get tested for COVID-19 or go to a free testing site.
- If someone in your household tests positive for COVID-19, tell your child's school.
- Anyone who develops symptoms or has confirmed COVID-19 should remain at home and away from others for at least 10 days from the onset of symptoms AND 24 hours after fever has resolved (without fever-reducing medication) AND symptoms have improved.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Work from home if possible, avoid large gatherings, and practice physical distancing by staying 6 feet away from others.
- Wear a face covering that covers your mouth and nose (people age 2 and older) when you are in a public place where you cannot stay 6-feet away from others (this includes in child care).
- Check CDC's Travel Alerts and Tips for COVID-19.

### What are the quarantine restrictions?

- You **MUST** restrict activities and limit all movements that may put you in contact with others during the quarantine period.
- Stay home. Do not go to work, school, or public areas. Stay at 6 feet away from others.
- Do not allow visitors and limit the number of people in your home.
- Separate yourself from others in your home. Use a separate bathroom if available.
- Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system. Consider different living arrangements for these high-risk people if possible.
- Do not handle pets or other animals.
- Do not prepare or serve food to others.