

# HARRISON COUNTY SCHOOLS

March 14, 2020

For the most current information on the Coronavirus (COVID-19) in Kentucky, please visit [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) HOTLINE: 1-800-722-5725

## GUIDANCE FOR HARRISON COUNTY SCHOOLS' STAFF AND ALL KENTUCKY RESIDENTS

### Current recommendations for social distancing in Kentucky include:

1. If you are 60 years old or older and/or have diabetes, heart disease, lung disease, kidney failure or other chronic major medical conditions, we recommend you avoid densely populated community events and consult this [CDC guidance](#).
2. Only go to the emergency department for an illness that would have taken you to the hospital before the COVID-19 outbreak. If you have runny nose, cough, fever or other common respiratory infection symptoms, take Tylenol or Motrin-like products and stay home from work or school until you are fever-free. If you think you need medical care, please contact your healthcare provider for their instruction or visit an emergency department if you believe you have an emergency.

***\*\* This guidance will continue to change as circumstances warrant.***

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*The following information is taken from the Centers for Disease Control and Prevention (CDC) website regarding people that are at higher risk of contracting COVID-19.*

## People at Risk for Serious Illness from COVID-19

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
  - ★ HEART DISEASE

- ★ DIABETES
- ★ LUNG DISEASE

**If you are at higher risk for serious illness from COVID-19 because of your age, or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.**

### **WATCH FOR SYMPTOMS AND EMERGENCY WARNING SIGNS**

- Pay attention to potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

***NOTE: This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.***

### **WHAT TO DO IF YOU GET SICK**

- Stay home and call your doctor
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html).
- Know when to get emergency help
- Get medical attention immediately if you have any of the emergency warning signs listed above.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

## **FREQUENTLY ASKED QUESTIONS AND ANSWERS: CORONAVIRUS DISEASE 2019 (COVID-19) AND PREGNANCY**

Pregnant women should engage in usual preventive actions to avoid infection like washing hands often and avoiding people who are sick.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

### **TRANSMISSION DURING PREGNANCY OR DURING DELIVERY:**

**Q: Can pregnant women with COVID-19 pass the virus to their fetus or newborn (i.e. vertical transmission)?**

A: The virus that causes COVID-19 is thought to spread mainly by close contact with an infected person through respiratory droplets. Whether a pregnant woman with COVID-19 can transmit the virus that causes COVID-19 to her fetus or neonate by other routes of vertical transmission (before, during, or after delivery) is still unknown. However, in limited, recent case series of infants born to mothers with COVID-19 published in the peer-reviewed literature, none of the infants have tested positive for the virus that causes COVID-19. Additionally, virus was not detected in samples of amniotic fluid or breastmilk.

Limited information is available about vertical transmission for other coronaviruses (MERS-CoV and SARS-CoV) but vertical transmission has not been reported for these infections.

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**Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children...**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>



## STEPS TO PREVENT ILLNESS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

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 or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Frequently Asked Questions and Answers:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

**TEAM KENTUCKY** **COVID-19 HEALTH TIPS**

### When To Seek Care

To ensure the sickest people receive care, help minimize the spread of infection and maintain resources, please follow the guidelines below when considering whether to seek medical care.

Stay home	Call for advice	Seek care
If you are worried-well, <b>please stay home.</b>  Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.	If you are ill, but would not have <b>sought care</b> if not for COVID-19, do not seek care at an ER, hospital or doctor's office.  If you want advice, <b>call the Kentucky state hotline (1-800-722-5725)</b> or call your <b>local healthcare provider.</b>	If you are <b>sick and feel you have an emergency</b> , please call your doctor or <b>seek medical care.</b>  <b>Hospitals and medical staff across the commonwealth stand ready to serve you.</b>

Please visit [kycovid19.ky.gov](https://kycovid19.ky.gov) for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at **1-800-722-5725**

CHFS Kentucky Public Health