



- **Symptoms:** Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: Cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell.
- **Incubation period:** 1-14 days
- **Mode of transmission:** Human-to-human transmission via respiratory droplets
- **Prevention tips:** Avoiding close contact with sick individuals; frequently washing hands with soap and water; not touching the eyes, nose, or mouth with unwashed hands; and practicing good respiratory hygiene

## Resources:

### CDC Coronavirus Resource:

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

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

### NYS Coronavirus Resource:

<https://coronavirus.health.ny.gov/home>

### Rensselaer Co. Coronavirus Resource:

<https://www.rensco.com/wp-content/uploads/2020/06/RC-COVID-Community-Resource-Guide-from-Jen-Lee.pdf>

### Handwashing Video:

<https://youtu.be/lisgnbMfKvI>

### On Deck: Preparing for the Return of Kids After Social Isolation

<https://www.gadoe.org/schoolsafetyclimate/Pages/COVID-19-Webinars-and-Additional-Resources.aspx>

### How can educators and families support students' mental health and social-emotional needs?

[https://ies.ed.gov/ncee/edlabs/regions/northeast/Docs/Blog/FAQ\\_COVID19\\_MH\\_and\\_SocialEmotionalSupports\\_for\\_Students\\_508c.pdf](https://ies.ed.gov/ncee/edlabs/regions/northeast/Docs/Blog/FAQ_COVID19_MH_and_SocialEmotionalSupports_for_Students_508c.pdf)