

Covid19

A guide

What we do know:

- The virus is thought to spread mainly from person to person.
 - This is mainly through respiratory droplets when an infected person sneezes, coughs, or talks.
 - These droplets can land on objects or surfaces. When others touch these surfaces and then touch their eyes, nose, or mouth, it may be possible that they too, could become infected.

Facts:

- The virus may stay "live" on surfaces for a period of 24-72 hours, depending on the material.
- Coronavirus is easily "killed" by a variety of disinfectants. A list of recommendation disinfectants for SARS or Covid19 is available from the EPA.

How To Avoid Spreading The Virus:

- ~ Wash hands with soap and water for approximately 20 seconds or use an EPA approved alcohol hand sanitizer when unable to wash.
- ~ Do not touch your face.
- ~ Cough or sneeze into your elbow/arm.
- ~ Clean frequently washed surfaces often.
- ~ Most importantly – **STAY HOME** if you are sick!



How To Avoid Spreading The Virus

Maintain Social Distancing

- Avoid public gatherings

Wear a mask when you're unable to avoid areas with other.

Know the signs and watch for symptoms



Watch For Symptoms

The following symptoms can occur 2 – 14 days AFTER exposure

- Fever
- Cough
- Shortness of Breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Please View the Latest on Masks and
Physical Distancing:

https://www.maricopa.gov/DocumentCenter/View/61739/Face_Coverings_2020_Schools

https://www.maricopa.gov/DocumentCenter/View/61740/Physical_Distancing_2020_Schools

What To Do if YOU are sick:

- **DO NOT COME TO SCHOOL**
- consult your medical provider
- stay in touch with your doctor and your admins
- avoid public transportation
- always cover your coughs and continue with correct social distancing and hand hygiene
- consult the CDC website for continued guidance.

Important Considerations:

A mask should NOT be worn by:

- ~ any individual under the age of 2
- ~ any individual with respiratory illness or who has trouble breathing.
- ~ anyone who is unconscious, incapacitated, or who is unable to remove the mask without assistance.

