

# COVID-19 INFO

## Annville-Cleona School District Informational Newsletter

### Glossary of Terms

**Asymptomatic** - Not showing any symptoms (signs of disease or illness). Some people without any symptoms still have and can spread the coronavirus.

**Community spread** - The spread of an illness within a particular location such as a neighborhood or town. During community spread, there is no clear source of contact or infection.

**Isolation** - Separating yourself when you are sick from healthy individuals to prevent spreading illness.

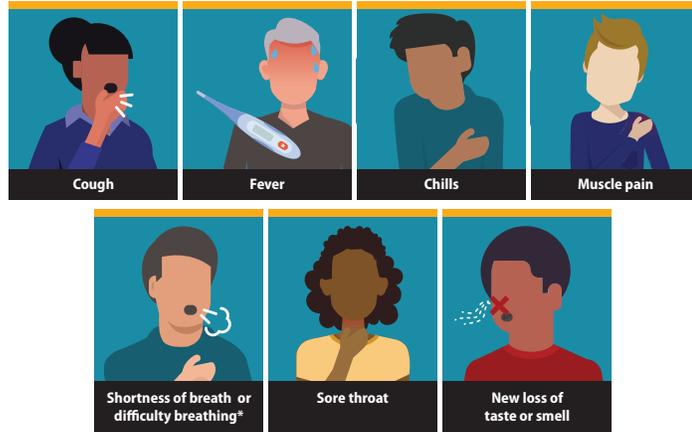
**Quarantine** - keeping people away from each other to prevent the spread of disease. Stay-at-home orders are a type of quarantine

**Screening** - This is not the same as a coronavirus test. This step helps healthcare workers to decide if you need a coronavirus test. It is a series of basic questions about your health condition and recent history. Screening may also include other common healthcare procedures, like taking your temperature.

**Symptomatic** - When a person shows signs of illness. For COVID-19, that includes cough, fever or shortness of breath.

### Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

## What To Do If You Are Sick

*Tips to reduce the spread of COVID-19*

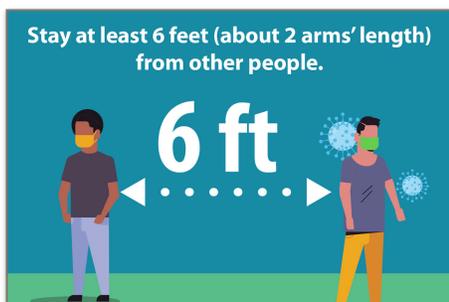
1. Stay home except to get medical care
2. Separate yourself from other people
3. Monitor you symptoms
4. Seek medical attention

*Seek emergency medical attention if you are having trouble breathing, have persistent pain or pressure in your chest, new confusion, demonstrate the inability to wake or stay awake, have bluish lips or face.*

## Preventative Actions:



- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- Avoid close contact – put 6 feet of distance between yourself and others
- Cover your face and mouth with a cloth face cover when around others
- Cover coughs and sneezes
- Do not touch your eyes, nose, and mouth
- Clean and disinfect frequently used surfaces
- Monitor your health



COVID 19 CORONAVIRUS DISEASE
 STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

## What To Do If You Are Sick and Living in Close Quarters/Shared Housing:

1. Separate household members that may be at risk or sick as much as possible
2. Put six feet of distance between yourself and others
3. When possible, open windows and turn on fans to bring in and circulate fresh air
4. Clean and disinfect frequently used spaces / surfaces (kitchen, laundry room, dining room, bathroom, etc.)