

# COVID: Information for Families

## Stay Safe, Stay Well, With These Helpful Reminders

- ▶ Wash your hands often or use hand sanitizer if soap and water are not available. Yes, even when you are at home!
- ▶ Avoid being around people that don't live in your house. Many people get sick being around people that they know. Limit contact to 15 minutes or less.
- ▶ Continue with social distancing (6 feet), just like at school.
- ▶ Wear a mask when you leave home, and when you are around people that don't live in your house.
- ▶ Help out with cleaning at home – disinfect items that others might touch, such as counter tops, tables, door knobs, light switches, handles and drawer pulls, toys, personal items, and surfaces in the car too.
- ▶ Don't share eating utensils, cups or glasses, or drink containers such as water bottles or juice boxes.
- ▶ Open windows at home when the weather is good. Fresh air is important.
- ▶ Consider getting a flu shot soon – contact your medical provider for information.

## Monitor Your Whole Family for Symptoms Daily:

- Monitor all family members for fever or other symptoms of illness, while at home or before leaving home. Take everyone's temperature with a reliable thermometer.
- If your student has any symptoms (even one symptom), they should not be going to the school, to small group instruction, or to special services for any reason. Notify the school immediately and keep your child at home.
- Any of the symptoms listed are possibly COVID-19. It is not possible to tell the difference between COVID and any other illness such as a cold, the flu, seasonal allergies or other illness, without a COVID PCR test. Some people have COVID and have only Minor Symptoms. Some people don't have any symptoms and still test positive for COVID. You might not know if someone has COVID or does not have COVID.
- Symptoms of COVID can appear 2 to 14 days after exposure to the virus. A COVID positive person can share the virus 2 days (48 hours) before they have any symptoms.

COVID-19 Symptoms		
CRITICAL SYMPTOM	MAJOR SYMPTOMS	MINOR SYMPTOMS
Loss of taste or smell	<ul style="list-style-type: none"> <li>• Feeling feverish, having chills, temp of 100.4F or more</li> <li>• New or unexplained persistent cough</li> <li>• New or unexplained shortness of breath or difficulty breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Runny nose or congestion</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• Fatigue</li> <li>• Nausea, vomiting</li> <li>• Diarrhea</li> </ul>
<b>EMERGENCY COVID-19 WARNING SIGNS</b> include: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. Seek medical attention immediately by calling 911.		
<i>This list is not all-inclusive for Major, Minor, or Emergency Symptoms. Please consult your medical provider for any other symptoms that are severe or concerning. Your medical provider may want to discuss evaluation, testing or have other directions for you.</i>		

### If Anyone in the Home has any Symptoms or is Sick:

**Stay home!** Avoid being around others. If symptoms last longer than 24-48 hours, contact your medical provider.  
[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)

#### Where to get tested for COVID-19:

- ▶ [www.ElPasoCountyHealth.org/covid-19-testing-information](http://www.ElPasoCountyHealth.org/covid-19-testing-information)
- ▶ A PCR test is best. A rapid test for COVID-19 is only treated as accurate if it is a positive result. A rapid test might be negative because it's done too soon or too late to detect COVID. A PCR sample is sent to a lab for results.
- ▶ If there are no symptoms, it may be too soon to tell if COVID is present or not.
- ▶ It may take several days to get results back. While you wait, stay home and monitor symptoms. Avoid others.
- ▶ If anyone in the home has been tested for COVID, or has symptoms, it is best that everyone in the home stays home and waits for the test results. Or, separate the sick person from others as much as possible while waiting.

### If Anyone in the Home Tests Positive for COVID-19:

- ▶ Please notify the school, or school nurse. Even if we are E-learning, it is very important that we accurately keep track of the number of cases in our community and those cases associated with our district buildings.
- ▶ If someone in the home is positive for COVID, everyone in the home must stay home and isolate or quarantine also. The decision for the exposed household members to isolate for 10 days, or quarantine for 14 days, is dependent on several factors.
- ▶ Please contact the school nurse for more guidance. The school nurse can provide you with information that you need to care for your family and protect the community.

**For further guidance, contact your medical provider, El Paso County Public Health, or your school nurse.**

This information provided by District 49 Nursing Services  
[www.d49.org/nursingservices](http://www.d49.org/nursingservices)

## If you were advised to go into Isolation or Quarantine, would you know what to do?

[www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf](http://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf)

- **Isolation** keeps someone who is infected with the virus away from others, even in their own home.
- **How long is Isolation?** 10 days to monitor for other symptoms and recover. Isolation is only 10 days, because you may have already had the virus 2-4 days before symptoms appear. Stay home and only go out if medically necessary.
- **Quarantine** keeps someone who might have been exposed to the virus away from others. It helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Stay home and only go out if medically necessary.

- **How long is Quarantine?** 14 days to monitor for any symptoms. It takes 2-4 days after being around someone sick with COVID for symptoms to appear if you are infected.
  - If you have been around someone who has COVID, you will be advised to Quarantine. If symptoms start during Quarantine when you have been around someone with COVID, you will need to start your own 10-day Isolation to monitor for other symptoms and to recover.
  - **Note:** If quarantine begins at noon on Day 1, it ends at noon on the last day.
- [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)

#### References:

- ◆ [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org) ◆ <https://covid19.colorado.gov>
- ◆ [www.cdc.gov](http://www.cdc.gov) ◆ <https://covid19.colorado.gov/cases-and-outbreaks-child-care-schools>