



## PARENT FACT SHEET CORONAVIRUS (COVID-19)

NCISD is closely monitoring the Coronavirus (COVID-19) and is in contact with the Centers for Disease Control, Texas Department of State Health Services and Montgomery County Public Health District to follow all precautionary measures as new details emerge. Knowing important information about the virus and how to be prepared not only can prevent illness but also reduce stress and calm anxieties.

### What should I be looking for?

The symptoms for COVID-19 include mild to severe respiratory illness that mimic flu-like symptoms, including:

- FEVER
- COUGH
- SHORTNESS OF BREATH



Flu symptoms can also include a sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue and may include vomiting and diarrhea. All symptoms may not be present. Having these symptoms alone does not mean that someone has the virus. Symptoms may appear in as few as two days or as long as 14 days after exposure. According to the CDC, preventive measures for the COVID-19 are similar to other respiratory viruses such as the flu.

### What if my child has these symptoms?

Contact your healthcare provider immediately and keep children home from school when sick.

### How to prevent spread of COVID-19?

Wash hands frequently for 20 seconds each time (sing Twinkle, Twinkle Little Star slowly)

- If soap/water are not available, use hand sanitizer
- Cover coughs and sneezes
- Stay home when sick
- Throw away used tissues and immediately wash hands
- Avoid close contact with people who are sick
- Avoid touching your eyes, mouth or nose to prevent the spread of germs
- Disinfect high-touch surfaces such as desktops, phones and tablets more frequently

