


# Facts about Coronavirus (COVID-19)

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# What is COVID-19?

- A new type of coronavirus, abbreviated COVID-19 (also known as novel coronavirus 2019) is causing an outbreak of a respiratory (lung) disease. Doctors and scientists are still learning about it.
- For some people the symptoms are mild, like having a cold; for others the symptoms are more severe, and people need to go to see their doctor.
- Doctors and health experts are working hard to help people stay healthy.

# What can I do so that I don't get COVID-19?

- You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:
  - Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.
  - Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
  - Practice elbow bumps or just nodding to each other.

# How are COVID-19 and Influenza Similar

**Symptoms:** Both cause fever, cough, body aches, fatigue; sometimes vomiting and diarrhea. They can be mild or severe, and even fatal in some rare cases. Both can result in pneumonia.

**Transmission:** Both can be spread from person to person through droplets in the air from an infected person coughing, sneezing or talking. A possible difference: COVID-19 might be spread through the airborne route. Flu can be spread by an infected person for several days before their symptoms appear, and COVID-19 is believed to be spread in the same manner, but we don't yet know for sure. This is why social distancing is going to be so important.

**Treatment:** Neither virus is treatable with antibiotics, which only work on bacterial infections. Both may be treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and support such as mechanical ventilation.

**Prevention:** Both may be prevented by frequent, thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected.

# How are COVID-19 and Influenza Different

- **INCUBATION of influenza** is 1 - 4 days (time from infection to appearance of symptoms). Influenza can be a mild to severe disease. This school year, it has been a more severe year for influenza like illnesses.
- **INCUBATION of COVID-19** is 2-14 days.
- 80% of COVID-19 infections are mild or asymptomatic, 15 % are serious (must go to the hospital) and 5% are critical. For COVID-19, our current understanding is that older age and underlying conditions increase the risk for severe infection.
- **VACCINATION and antiviral medication are available for influenza.** The vaccination is about 45% effective.
- **NO VACCINATION and no antiviral medication for COVID-19.** It may take up to 12 months for a vaccine to be developed.
- COVID-19 can live on surfaces from hours to days (2 hrs to 3 days)
- Influenza lives on surfaces for up to 48 hours
- **COVID-19:** Approximately 156,400 cases worldwide; 2,952 cases in the U.S. as of Mar. 15, 2020.
- **Flu:** Estimated 1 billion cases worldwide; 9.3 million to 45 million cases in the U.S. per year.

# What can I do so that I don't get COVID-19?

- Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the “Happy Birthday” song twice. If you don't have soap and water, use hand sanitizer with at least 60% alcohol.

# What can I do so that I don't get COVID-19?

- Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls.
- If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.
- Eat a balanced diet, get enough sleep and get outside regularly will help keep your immune system strong.

# What happens if you get sick with COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don't seem to get very sick. While some people may get sick, most people have made a full recovery.



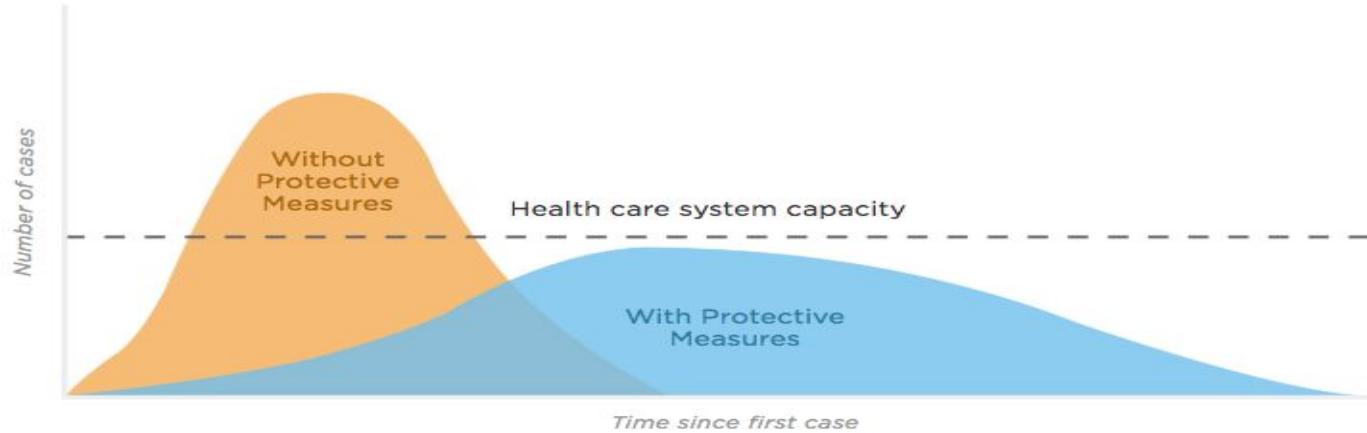
# What happens if you get sick with COVID-19?

- If you do get sick, it doesn't mean you have COVID-19.  
People can get sick from all kinds of germs.
- The CDC believes these symptoms appear in a few days after being exposed to someone.
- Symptoms of COVID-19
  - Fever, Cough, Shortness of Breath

# What if someone we know develops symptoms?

- If the symptomatic person isn't a confirmed case of COVID 19, you do not need to quarantine, but you should monitor the symptoms.
- If the symptomatic person is a confirmed case of COVID-19, then you and anyone else who had close contact with that person will need to quarantine for 14 days, monitor symptoms, notify your healthcare provider if symptoms develop.
- You will do what you do when you are sick. You will stay home, rest, eat well and allow your body to get better. This illness lasts for a few days, but you can still transmit the virus for up to 14 days, so staying home is very important.

# What is “Flattening the Curve”



- Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care.
- Social Distancing and School Closures are part of this effort.
- A sudden surge in patients over a short time could be represented as a tall, narrow curve. On the other hand, if that same large number of patients arrived at the hospital at a slower rate, for example, over the course of several weeks, the line of the graph would look like a longer, flatter curve.

# What is “Flattening the Curve”

Flattening the curve refers to using protective practices to slow the rate of COVID-19 infection so hospitals have room, supplies and doctors for all of the patients who need care.

A large number of people becoming very sick over the course of a few days could overwhelm a hospital or care facility. Too many people becoming severely ill with COVID-19 at roughly the same time could result in a shortage of hospital beds, equipment or doctors.

On a graph, a sudden surge in patients over a short time could be represented as a tall, narrow curve.

On the other hand, if that same large number of patients arrived at the hospital at a slower rate, for example, over the course of several weeks, the line of the graph would look like a longer, flatter curve.

In this situation, fewer patients would arrive at the hospital

# What are we doing as a school to keep everyone safe & healthy?

- ❑ Regular cleaning of all frequently used/touched areas.
- ❑ Encouraging Social Distancing
- ❑ Soap and hand sanitizer dispensers are filled and available
- ❑ Limit inter-school interactions

# What is Social Distancing?

- Think small—only a few friends at most. Or think of this as an opportunity for 1:1 hangouts.
- Avoid physical contact and maintain a distance of at least 3 feet apart from others.

# Get Outside!

Social distancing doesn't mean you have to stay stuck in your house. If you're going stir crazy, get out in nature and enjoy some fresh air. It's important for kids to get active outside time every day, and research shows daily time outdoors boosts adults' health and wellbeing.

# Finally, take care of one another

This won't last forever, and we'll be better off if we care for one another. Is one of your neighbors, friends or family feeling sick? Drop off some groceries and a note at their doorstep. If you want to say hi, do so with at least 6 feet of distance between you! Send them a message to check-in, or offer to run errands for them. If they need anything delivered, a front door drop off can be the safest option.



**We're stronger as a community,  
and making sure all families are  
happy, healthy, safe, and thriving  
doesn't have to mean social  
isolation.**

## **Frequently Asked Questions:**

### FAQ - Schools

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

### FAQ - Travel

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

### FAQ - Animals

- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#animals>

### FAQ - Basics of Coronavirus

- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics>

## **RESOURCES**

- [COVID-19 Fact Sheet, P-02592](#) (multiple languages): Educational fact sheet for the general public with information on transmission, signs and symptoms, and prevention.
- [About COVID-19](#): CDC webpage including information on symptoms, diagnosis, testing, and prevention.
- [COVID-19 Frequently Ask Questions, P-02608](#): Adapted from the CDC and World Health Organization (WHO)
- [COVID-19 Information for Travelers](#): CDC webpage providing information and guidance for those traveling internationally.
- [Respiratory Illness: Protect Yourself and Those Around You, P-02591](#) available in multiple languages: DPH Flyer promoting techniques to prevent the transmission of respiratory illnesses.

## Resources:

STATE: Wisconsin Department of Health Services (WI DHS)

<https://www.dhs.wisconsin.gov/covid-19/index.htm>

LOCAL: La Crosse County Public Health Department (LCPHD)

<https://lacrossecounty.org/covid19>

NATIONAL: Centers for Disease Control (CDC)

[www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/)

National Association of School Psychologist (NASP)

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

NPR: A Comic Exploring the Novel Coronavirus

<https://www.npr.org/transcripts/809580453>

Link to the Wisconsin Department of Public Instruction webpage:

<https://dpi.wi.gov/sspw/2019-novel-coronavirus>