

COVID 19 WHAT TO KNOW



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WHAT IS COVID 19?



Contagious respiratory virus



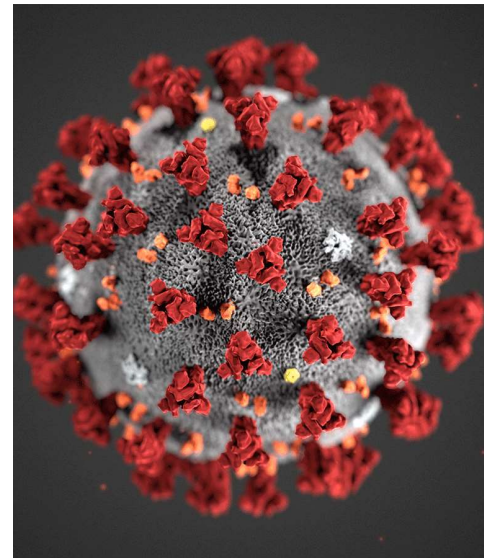
Symptoms similar to the FLU



Definitive testing needed to verify a positive Covid 19 Diagnosis

<https://www.cbc.ca/news/business/taiwan-covid-19-lessons-1.5505031>

<https://www.thejakartapost.com/academia/2020/05/14/together-forward-in-the-fight-against-covid-19.html>

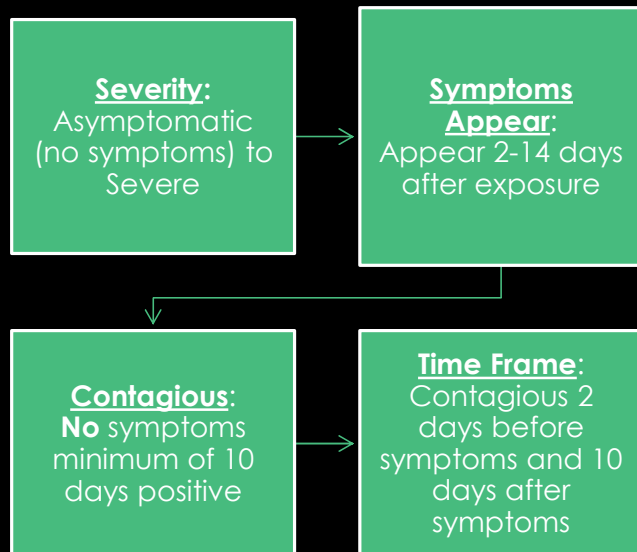


SIGNS / SYMPTOMS OF COVID 19



- COUGH / SHORTNESS OF BREATH
- FEVER
- CHILLS
- BODYACHES / FATIGUE
- VOMITING / DIARRHEA
- LOSS OF TASTE OR SMELL
- SORE THROAT
- HEADACHE

SYMPTOMS OF COVID



Symptoms of Coronavirus (COVID-19)

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



HOW IS COVID 19 SPREAD???



- PERSON TO PERSON
- DROPLETS : COUGH , SNEEZE, AND TALKING
- RISK OF EXPOSURE: WITHIN 6 FEET FOR LONGER THAN 15 MINUTES : EVEN WITH A MASK
- PHYSICAL CONTACT: HUGGING , SHAKING HANDS , TOUCHING SHARED SURFACES



THOSE AT GREATEST RISK OF ILLNESS



- **ELDERLY:** OVER 65 YEARS OLD
- **UNDERLYING HEALTH CONDITIONS:** ANY AGE – SUCH AS ASTHMA, DIABETES, CARDIAC ILLNESSES
- **PREGNANT**



PROPERLY WEARING A MASK

- **MUST FIT SNUG TO THE ENTIRE FACE: NOSE AND MOUTH**
- **DO NOT TOUCH FRONT OF THE MASK**
- **WASH BEFORE PUTTING ON AND WHEN TAKING OFF**
- **EXEMPT: THOSE UNABLE TO REMOVE MASKS WITHOUT HELP, UNDER AGE 2, UNCONSCIOUS**



SELECTING A MASK?

- MASKS: 2 LAYERS OF BREATHABLE FABRIC
- SNUG FITTING TO CHIN/NOSE
- WEAR ANY TIME YOU ARE IN PUBLIC PLACES
- FACE SHIELDS ARE **NOT** A SUBSTITUTE FOR A MASK





DISINFECTING YOUR MASK...WHAT TO DO?

- WASH MASKS DAILY
- MACHINE WASH PREFERABLE: HIGH HEAT WITH DETERGENT
- DRYER: WARMEST SETTING AND COMPLETELY DRY

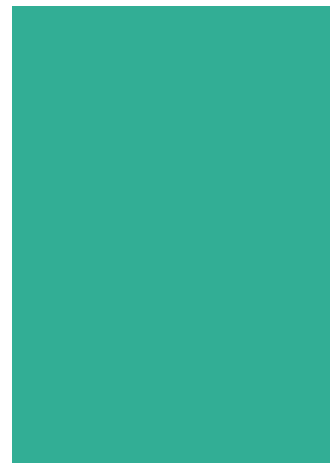
PROPER HANDWASHING

- **20 SECONDS:** SING TWINKLE TWINKLE LITTLE STAR
- **LATHER SOAP ON HANDS BEFORE RINSING WITH WATER**
- **IF NO SOAP AVAILABLE: USE SANITIZER WITH 60% ALCOHOL**
- **AVOID USING HAND DRYERS IN RESTROOMS**



WHEN TO WASH YOUR HANDS?

- BEFORE AND AFTER PUTTING ON AND TAKING OFF THE MASK
- AFTER COUGHING OR SNEEZING
- AFTER THE RESTROOM
- WHEN LEAVING A PUBLIC PLACE
- TOUCHING SHARED SURFACES: DOORKNOBS, ELEVATOR BUTTONS, DOORS, RESTROOMS



SELF SCREENING FOR COVID 19 AT HOME

- CHECK TEMPERATURES DAILY BEFORE HEADING OUT IN PUBLIC
- SYMPTOMATIC: STAY AT HOME, CALL A HEALTHCARE PROVIDER
- IF FAMILY MEMBER TESTS POSITIVE ALL MEMBERS OF THE HOME MUST QUARANTINE FOR 14 DAYS POST POSITIVE DIAGNOSIS



ILLNESS AT HOME : WHAT TO DO?

- **ISOLATE THE SICK MEMBER: SEPARATE ROOM AND RESTROOM (IF POSSIBLE)**
- **CLEAN : SHARED ITEMS**
- **USE SEPARATE EATING UTENSILS AND CUPS, BOWLS**
- **CALL DOCTOR IS SYMPTOMS BECOME SEVERE, SHORTNESS OF BREATH OR HIGH FEVER IS AN EMERGENCY**

SOURCES

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/NEED-EXTRA-PRECAUTIONS/PEOPLE-WITH-MEDICAL-CONDITIONS.HTML?CDC_AA_REFVAL=HTTPS%3A%2F%2FWWW.CDC.GOV%2FCORONAVIRUS%2F2019-NCOV%2FNEED-EXTRA-PRECAUTIONS%2FGROUPS-AT-HIGHER-RISK.HTML](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_REFVAL=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html)

[HTTPS://WWW.FDA.GOV/MEDICAL-DEVICES/PERSONAL-PROTECTIVE-EQUIPMENT-INFECTION-CONTROL/N95-RESPIRATORS-SURGICAL-MASKS-AND-FACE-MASKS](https://www.fda.gov/medical-devices/personal-protective-equipment-infection-control/n95-respirators-surgical-masks-and-face-masks) N95 RESPIRATORS, SURGICAL MASKS AND FACE MASKS. ACCESSED 09/18/2020.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/ABOUT-FACE-COVERINGS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html). ACCESSED 09/09/2020. CDC HOW TO SELECT, WEAR AND CLEAN YOUR MASK; UPDATED 08/27/2020.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/COMMUNICATION/SOCIAL-MEDIA-TOOLKIT.HTML](https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html). ACCESSED 09/10/2020. CORONAVIRUS DISEASE 2019 (COVID-19) SOCIAL MEDIA TOOLKIT; UPDATED 09/08/2020.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/STEPS-WHEN-SICK.HTML](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html). ACCESSED 09/10/2020. CORONAVIRUS DISEASE 2019 (COVID-19) WHAT TO DO IF YOU ARE SICK; UPDATED 05/08/2020.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/END-HOME-ISOLATION.HTML](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html) ACCESSED 9/16/2020. CORONAVIRUS DISEASE 2019 (COVID-19) ISOLATE IF YOU ARE SICK; UPDATED 09/10/2020

[HTTPS://TEA.TEXAS.GOV/SITES/DEFAULT/FILES/COVID/SY-20-21-PUBLIC-HEALTH-GUIDANCE.PDF](https://tea.texas.gov/sites/default/files/covid/sy-20-21-public-health-guidance.pdf) ACCESSED 09/16/2020. SY 20-21 PUBLIC HEALTH PLANNING GUIDANCE; UPDATED 09/02/2020.



SCHOOL NURSE INFORMATION

- SCHOOL NURSE: DORI BRASHER
 - EMAIL: DBRASHER@HOUSTONISD.ORG
 - 713-778-3380 : WORK PHONE
 - 713-778-3387 : FAX NUMBER