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School Health Services COVID-19 Training

Students: K-12

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Due to the nature of this pandemic, information and guidelines are frequently updated. For the most recent detailed information please visit the Phase 3 Guidance from VDOE and refer to your school district leadership

http://www.doe.virginia.gov/support/health_medical/covid-19/recover-redesign-restart.shtml#

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What is the Coronavirus or COVID-19?

- A new strain of a virus that was found China but has now spread all over the world.
- This is called a global pandemic.
- It is spread through droplets (sneezing and coughing)
- It is **very** contagious and there is no vaccine or cure.
- You can carry the virus but not feel sick.
- People who are over age 65, like your grandparents, are at higher risk of getting sick.
- If you have asthma or other illnesses you may also be at higher risk of getting sick.

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What are the symptoms of COVID-19?

- Fever (100.4 F) or chills
- Cough
- Difficulty breathing
- Feeling very tired
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea
- Headache

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Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath or difficulty breathing				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhea	X		X		
Congestion or Runny Nose		X	X		X
Muscle or body aches	X	X	X		

- Note: The table above does not include all COVID-19 symptoms

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What do you do if you feel sick?

- ❑ Tell a parent or adult right away.
- ❑ Stay home from school.
- ❑ Do not go to a friend's house.
- ❑ Do not go to any sports practice or games.

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How can you help stop the spread of Coronavirus?

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How long should you wash your hands?

- For a full 20 seconds **OR**
- Singing "Happy Birthday" at a regular pace **OR**
- Singing your favorite song for 20 seconds

Try washing your hands to this "Baby Shark" song:

https://www.youtube.com/watch?v=L89nN03pBzI

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Stop the Spread!

- Best way to wash your hands: https://www.youtube.com/watch?v=nEzJ_QKjT14
- Wear a mask to cover your mouth AND nose
- Physical distancing at a **minimum** of 6 ft.
- Cover your sneeze, cough into your elbow, wash your hands after
- If you are sick, STAY HOME!

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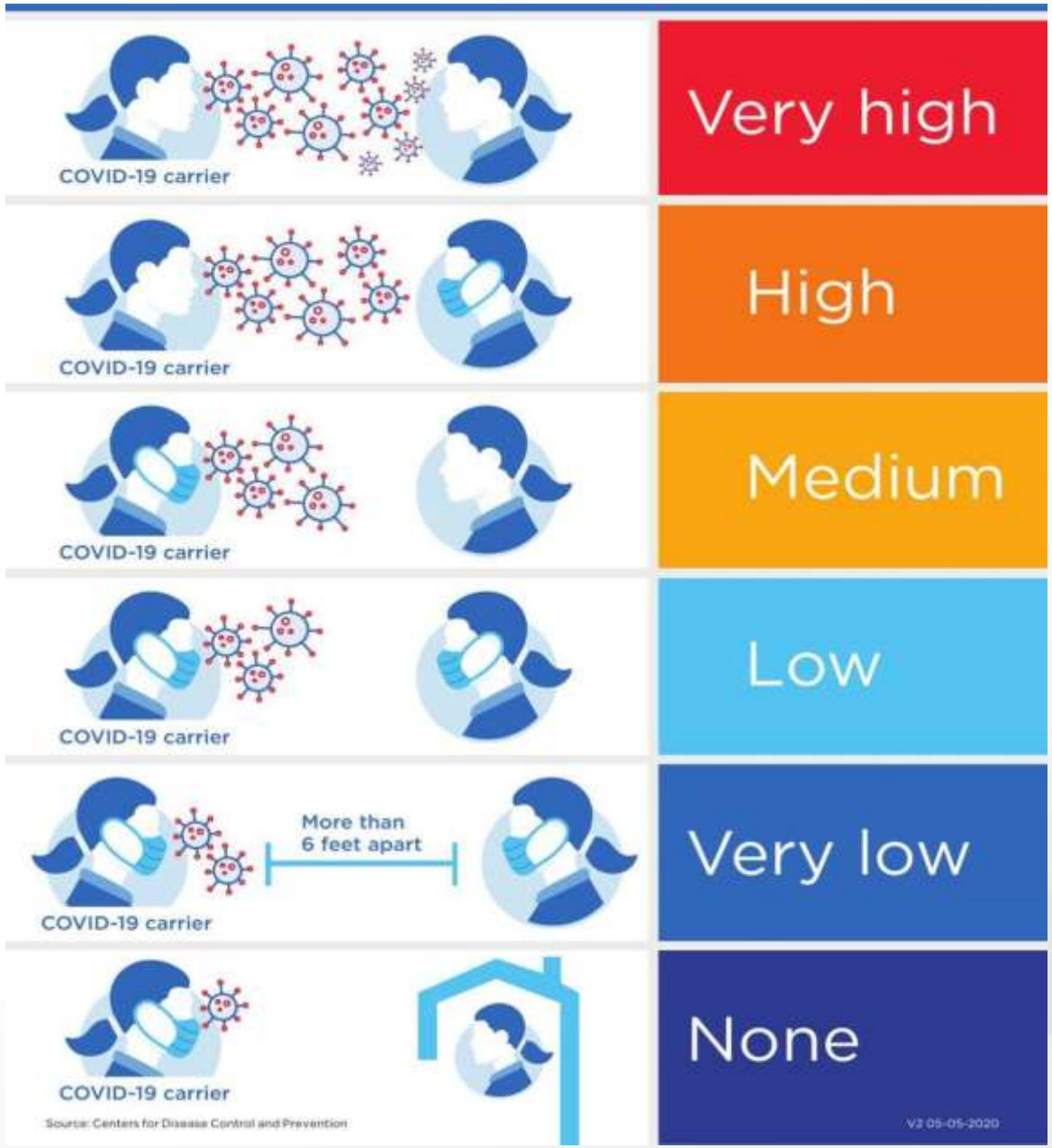
Why is it important to wear a mask?

Mythbusters – Art of the Sneeze

https://www.youtube.com/watch?v=0f4sUNWkq60



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How do you wear a mask?

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