KIDS' HEALTH CONNECTION

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## Navigating The New School Year During a Pandemic

Fall 2020 is a school year that is new to everyone. The COVID-19 pandemic has changed the way we normally do things. COVID-19 is a new type of Coronavirus that was identified in 2019. COVID-19 is a respiratory illness that causes symptoms such as cough, fever or chills, shortness of breath or difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, diarrhea, and headache. COVID-19 is easily transmitted from person to person in close contact through the respiratory droplets released by infected persons during coughing, sneezing, or even talking.

To keep our schools safe and healthy and prevent further spread of COVID-19, we all need to do our part.

How can I prevent the spread of COVID-19?

- Wear a mask and practice physical distancing of 6 feet.
- Do not come to school if you have Coronavirus-like symptoms.
- If you are diagnosed with Coronavirus or exposed to someone, stay home! The health department will contact you to tell you when you can return to school.
- If you are quarantined or isolated, that means stay home from school, do not attend any extracurricular activities or social gatherings.
- Avoid large gatherings. Being in contact with a large number of people significantly increases the risk of developing COVID-19.

If we all do our part, we can decrease the spread of Coronavirus in our schools and our communities.

STAY SAFE
STAY HOME
STAY HEALTHY
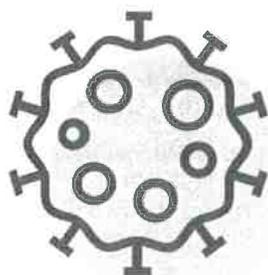
Quarantine VS Isolation

Quarantine

People, groups or communities are put into quarantine to separate and restrict the movement of people who have been exposed to a contagious disease to prevent the spread of disease in the event they become ill.

Isolation

A diagnosis of a contagious disease such as COVID19, triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of disease.

Find a testing site here
https://www.dhs.wisconsin.gov/covid-19/testing.htm

For more information on Coronavirus visit
https://www.cdc.gov/coronavirus/2019-ncov/index.html

What is Influenza (Flu)?

COVID-19 is has caused a lot of respiratory illnesses this year but the Flu is still around. Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Flu symptoms include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

If you have flu symptoms:

- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

The best way to prevent flu is by getting a flu vaccine each year. For more information on the 2019/2020 flu vaccine visit www.cdc.gov/flu/season/faq-flu-season-2019-2020.htm
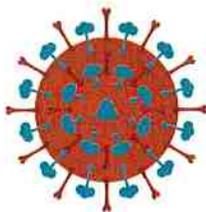
What is Norovirus

Along with the Flu and Coronavirus, Norovirus is another illness you may see creeping around this fall. You may hear norovirus illness be called "food poisoning", "stomach flu", or "stomach bug." Noroviruses are the leading cause of foodborne illness. But, other germs and chemicals can also cause foodborne illness. Norovirus is not related to the flu, which is caused by influenza virus.

You can get norovirus from:

- Having direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces then putting your unwashed hands in your mouth.

The most common symptoms are:

- Diarrhea
- Vomiting/Nausea
- Stomach pain

Protect yourself and others from norovirus:

- Wash your hands often
- Rinse fruits and vegetables
- Cook shellfish thoroughly
- Stay home when sick and for two days after symptoms end, especially if working in food service, healthcare, child care or schools.
- Avoid preparing food for others when sick and for two days after symptoms stop.

For more information, visit:
https://www.cdc.gov/norovirus/index.html

https://www.dhs.wisconsin.gov/publications/p4/p42075.pdf

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