



# AN OUNCE OF PREVENTION

Coronavirus (COVID-19)



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- **WHAT IS THE CORONAVIRUS?**
  - **THE Coronavirus IS A CONTAGIOUS RESPIRATORY ILLNESS.**
  - **IT CAN BE MILD OR SEVERE.**
  - **Symptoms may include Fever, Cough, and Shortness of Breath.**



# AN OUNCE OF PREVENTION

Returning to School Must Do's!

TAKE YOUR TEMPERATURE BEFORE  
COMING TO A SCHOOL BUILDING.



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## Returning to School Must Do's!

- A Face Covering *IS REQUIRED* while on *District property by adults and students (unless you have a medical or mental health condition or disability that impedes your ability to wear a face covering).*
- *All students will be required to wear a face covering if using Parkland Transportation.*



# AN OUNCE OF PREVENTION

Returning to School Must Do's!

PLEASE COMPLETE YOUR EMPLOYEE  
WELLNESS FORM OR STUDENT WELLNESS  
FORM BEFORE COMING INTO A PARKLAND  
BUILDING.



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Returning to School Must Do's!

THE WELLNESS FORMS ARE COMPLETED  
ONCE A DAY.



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## GOOD PREVENTIVE HABITS:

- AVOID CLOSE CONTACT WITH ANYONE WHO IS SICK.
- CLEAN HIGH TOUCHED SURFACES FREQUENTLY.
- AVOID SHARING PERSONAL HOUSEHOLD ITEMS.
- IF YOU ARE SICK, STAY HOME, EXCEPT TO GET MEDICAL CARE.



# AN OUNCE OF PREVENTION

Stop the spread of germs that make you and others sick!

## Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or

cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



## Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or clean with alcohol-based hand cleaner.



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# AN OUNCE OF PREVENTION

- **WASH YOUR HANDS OFTEN WITH SOAP AND WATER!**



- **ESPECIALLY AFTER COUGHING OR SNEEZING**



# AN OUNCE OF PREVENTION

- **KEEP YOUR HANDS AWAY FROM:**

**YOUR EYES, NOSE, AND MOUTH!**

**GERMS ARE OFTEN SPREAD THIS WAY.**

