

COVID-19:

A Back-to-School Guide for Students and Parents

By: Nicole DeBoer and Hannah Maestro



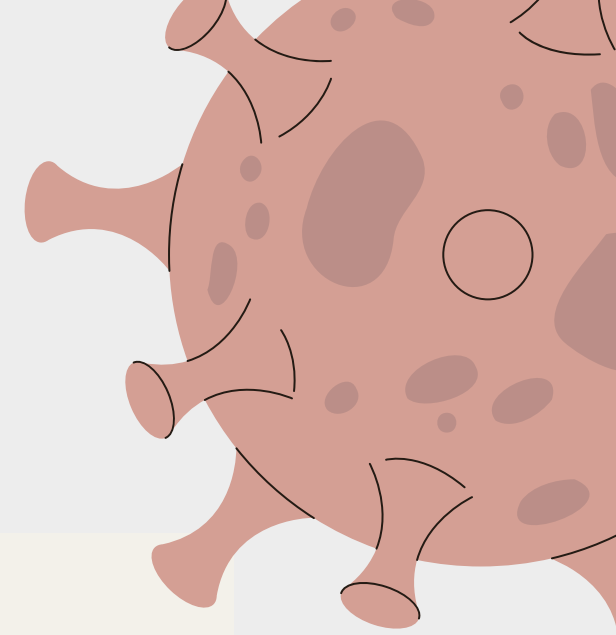
WHAT IS COVID-19?

The coronavirus, or COVID-19, is a respiratory illness caused by a virus called SARS-CoV-2. Most people experience mild symptoms, but some people may become severely ill or experience no symptoms at all.

COVID-19 is mainly transmitted when someone is in close, physical contact (6 feet or less) with infected people. The virus is carried in respiratory droplets or particles, and is either breathed in or falls onto a person's eyes, nose, or mouth.



WHAT ARE THE SYMPTOMS OF COVID-19?



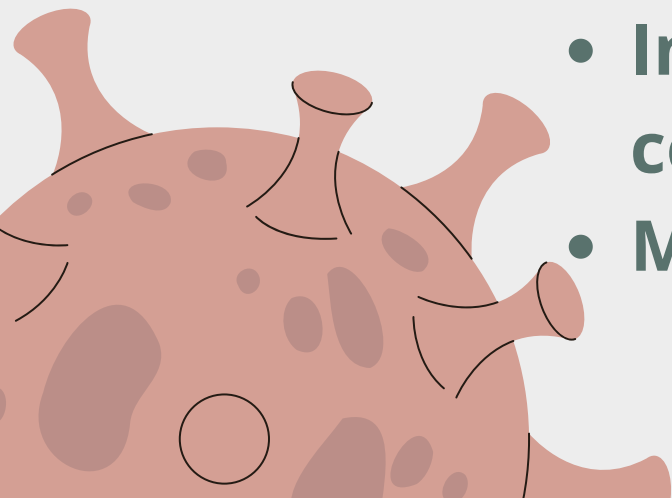
Class A

- Fever (subjective or greater than or equal to 100.4F)
- Chills
- Cough
- Loss of sense of taste and/or smell
- Shortness of breath

Class B

- Fatigue
- Headache
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea (at least 2 loose stools in 24 hours)

- Infected people are most contagious two days prior to symptoms and are contagious for up to 10 days.
- Most people show symptoms and/or test positive 5 days after exposure.



CURRENT TREATMENTS

HOSPITAL TREATMENT

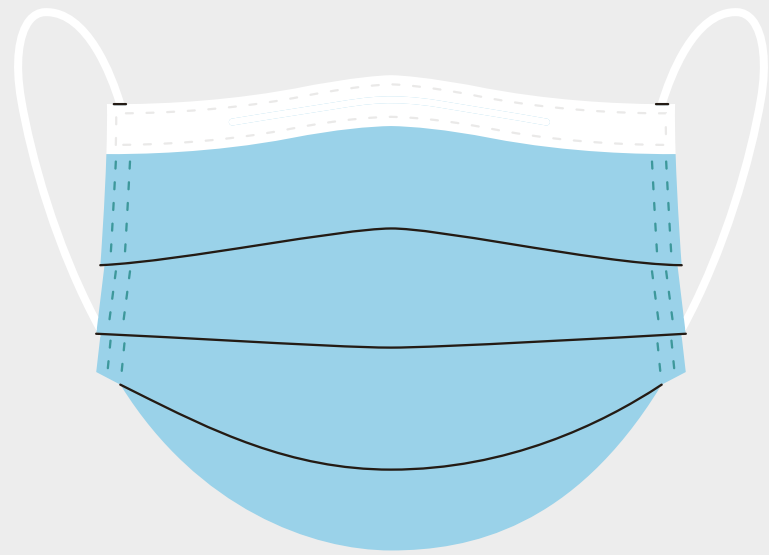
- Symptom Management
- Antiviral Medications: Currently, the FDA has approved remdesivir (Veklury) to treat COVID-19
- Treatment of Complications

AT HOME TREATMENTS

- Treats mild symptoms of the virus
- Fever-reducers like acetaminophen or ibuprofen
- Drinking water to stay hydrated
- Getting plenty of rest to help the body fight the virus



WHAT CAN I DO TO PREVENT THE SPREAD?



MASK UP



WASH YOUR HANDS

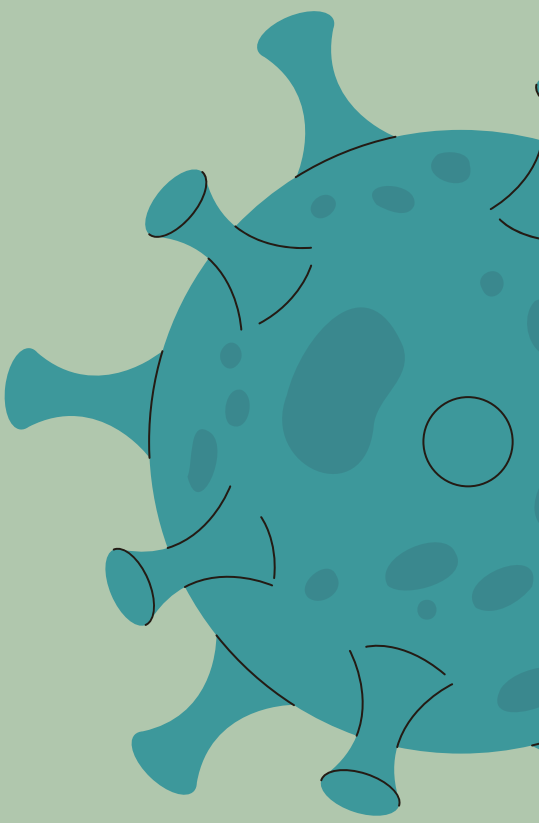
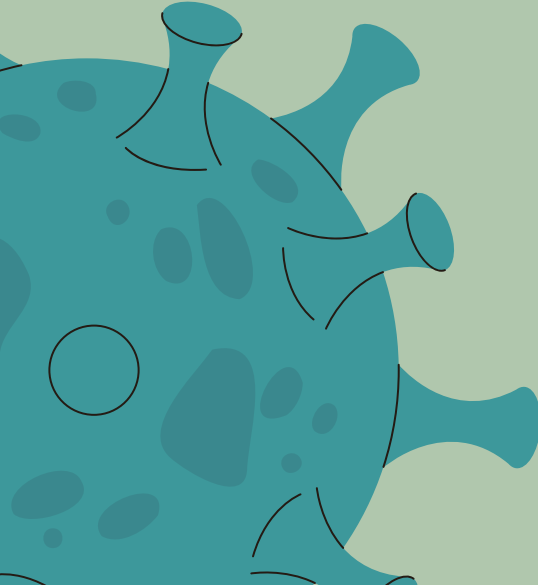


**PRACTICE
SOCIAL DISTANCING**



WHAT TO DO IF...

01 I, or a family member, begin to feel sick at home

- Stay home, unless you are getting medical attention or getting a COVID test.
 - Keep a note of what symptoms you feel and when they started.
 - Call your doctor to determine the next steps.
 - Inform the school.
 - If you begin to feel confused, are struggling to breathe, or have a high fever (103°F), seek urgent care.
- 
- 

WHAT TO DO IF...

02 I begin feeling sick at school

- Tell your teacher as soon as you begin feeling sick.
- Keep note of what you're feeling, and if you've recently been exposed to someone sick.
- The school nurse will bring you to the isolation room to gather more information, and decide the next steps.



WHAT TO DO IF...

03 I am informed that I was a close contact of someone infected with COVID-19 at school

Close contact: physical contact within 6 feet for a total of 15 minutes or more within a 24-hour period. The time frame is 2 days prior to illness onset, regardless of whether the contact was wearing a mask.

A school nurse will reach out to you and your parent regarding when the exposure took place, and whether or not you should get tested for COVID and quarantine for 14 days.

VACCINES

The FDA recently approved administration of the Pfizer vaccine to individuals aged 12-15 year. What does that mean for me?

- The Pfizer vaccine was discovered to be 100% effective at preventing symptomatic COVID-19 in children 12 through 15 years old in a clinical trial.
- You will need two shots, 3 weeks apart from each other.
- Expect to stay at the clinic for 15-30 minutes after your vaccination to be monitored for abnormal reactions.
- Side effects may include fever + chills, muscle and arm pain, headache, tiredness, and nausea. A non-aspirin pain reliever/fever reducer may be taken if it is not contraindicated.



QUARANTINE VS. ISOLATION

Those who have been exposed to an individual with COVID-19 need to quarantine.

- Quarantine usually lasts 14 days from the last date of exposure.
- Do not leave your place of stay, except to get medical attention.
- Monitor for COVID symptoms and if possible, check your temperature twice a day.
- Limit your exposure to high-risk individuals, such as those who get sick very easily.

Those who are symptomatic and/or have tested positive for COVID need to isolate.

- Stay home until at least 14 days since symptoms first appeared and symptoms have improved or resolved.
- If you live with other people, stay in a separate room from others, including pets, and use a different bathroom if possible.

WHAT DO WE DO AS DISTRICT NURSES?

The COVID pandemic has led school district nurses to expand their roles. Here are a few things we do:

- Determine who has been exposed to a COVID-positive or symptomatic individual as soon as we are informed.
- Notify students, family, and staff of exposure to positive case.
- Test students.
- Additional screening of students.
- Check in with students and families with known cases.
- Attend state and county wide meetings regarding school COVID-19 protocols.
- Report cases and close contacts to King County DOH.
- Refer eligible students and staff to vaccine locator.
- And much much more!

Questions?

- Email us! covid@tukwila.wednet.edu
- Reference to the [King County Schools COVID-19 response toolkit](#)
- Visit some of these other helpful resources:
 - [COVID-19 Clinical Questions and Answers \(CDC\)](#)
 - [King County Schools and Child Care Guidance](#)
 - [CDC COVID Vaccine Informational Sheet](#)
 - [Scientific Brief on COVID Transmission \(CDC\)](#)
 - [COVID-19 Data Dashboard for King County](#)