



Greenwich Public Schools
School Health Services

COVID-19

Dear Parents:

There has been COVID-19 diagnosed in your child's classroom. COVID-19 is a contagious disease caused by a group of a respiratory virus. Please monitor your child carefully and notify your physician if your child develops any of the following signs or symptoms listed below.

What are the signs or symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headaches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea and vomiting
- Diarrhea

How is it spread?

- Respiratory (droplet) route: Contact with large droplets that form when a child talks, coughs or sneezes. These droplets can land on or be rubbed into the eyes, nose, or mouth. The droplets do not stay in the air, they usually travel no more than 3 feet and fall onto the ground.
- Contact with the respiratory secretions from or objects contaminated by children who carry the influenza virus.

How do you control it?

- **Frequent and careful hand washing with soap is most important.** Children and adults should cover their noses and mouths when sneezing or coughing with disposable tissue if possible, or with your arm if no tissue is available. Wash hands after contact with soiled tissues or any soiled items and dispose of tissues after each use.

What is the treatment?

- Call your child's physician if your child has the above symptoms and fever. Viruses are not treated with antibiotics, but your physician will advise you regarding supportive care for your child while ill. Please report episodes of confirmed COVID-19 (diagnosed by physician) to the nurse's office as soon as possible.

When can my child return to school?

- We ask that parents heed the advice of their medical doctors in determining when their student can return to school.

If you have any questions, please call your School Nurse.