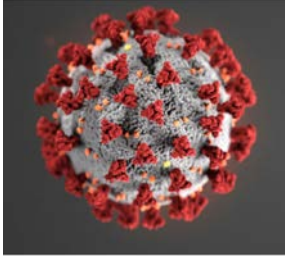


# 2020 Coronavirus (COVID-19) information sheet



Coronavirus is a respiratory illness that can spread from person to person. Symptoms include fever, cough and trouble breathing or shortness of breath. Thousands of cases have been confirmed in China and new cases have been diagnosed in a number of countries, including the U.S.

## How it spreads

- Probably through coughs and sneezes, especially when people are in close contact with one another (within about 6 feet)
- Droplets can land in the mouths or noses of people nearby or be inhaled into the lungs.
- The disease may spread by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes with unwashed hands.
- People are thought to be most contagious when they are most symptomatic (the sickest). Symptoms may appear in as few as 2 days or as long as 14 days after exposure. At this time, diagnostic testing for coronavirus can be conducted only by the CDC.

## Preventing the spread of coronavirus

There is currently no vaccine to prevent coronavirus disease. The best way to prevent illness is to avoid being exposed to this virus.

### Steps school districts can take

School districts that believe there is a threat of coronavirus can do the following:

- Divide students into smaller instructional groups
- Prohibit symptomatic students from attending school
- Close school buildings
- Use internet-based distance learning in lieu of holding classes
- Postpone/cancel field trips
- Limit mass gatherings of students

### Steps individuals can take

Students, staff and school visitors can take the following precautions if they have symptoms of the virus or know someone who has symptoms:

- Stay home, except to get medical care
- Avoid using public transportation, ride-sharing or taxis

- Separate yourself from other people and animals in your home
- Wear a facemask, if you have symptoms
- Cover your coughs and sneezes with a tissue, and discard used tissues in a lined trash can.



- Wash hands often with soap and water for at least 20 seconds or clean hands with an alcohol-based hand sanitizer that contains 60-95% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal household items, such as dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Clean all "high-touch" surfaces every day, including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Monitor symptoms and seek medical attention if they worsen

**Check the CDC website regularly for more information.**

*Sources: Centers for Disease Control and Prevention  
NYS Health Department*