

COVID-19 (Sars-CoV-2)

What is COVID-19?

COVID-19 is a disease caused by a virus named SARS-CoV-2. It can be very contagious and spreads quickly.

What are the symptoms of COVID-19?

People with COVID-19 have reported a wide range of symptoms ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms include:

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

How do I know if I have COVID-19?

COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

How can you protect yourself and your family from COVID-19?

- Stay up to date with COVID-19 vaccines. Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.
- Practice good hygiene.

When you are sick:

Use precautions to prevent spread, including staying home and away from others (including people you live with who are not sick) if you have respiratory symptoms.

When can students return to school?

They may return to school with improvement of symptoms without fever. Seek health care promptly for testing and/or treatment if you have risk factors for severe illness. Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.

