

## COVID-19 Fact Sheet for Families

Dear Parent or Guardian,

You are receiving this fact sheet because:

- You or your child may have been exposed to novel coronavirus (COVID-19). If your child has symptoms of fever, cough or trouble breathing, contact your medical provider. Notify your child care provider or preschool immediately after the diagnosis has been made.**
  - For informational purposes only.**
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### What is novel coronavirus (COVID-19)?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. It is currently in the United States and many other countries. Most coronavirus illnesses are mild with fever and cough. The large majority of people with COVID-19 do not require hospital care. Health experts are concerned because this new virus has the potential to cause severe illness and pneumonia in some people — especially people over age 60, people with underlying health conditions or weakened immune systems, and pregnant people.

### What are the common symptoms of COVID-19?

Adults and children diagnosed with COVID-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

- Fever\*
- Dry cough
- Shortness of breath

Children with COVID-19 usually have milder symptoms that can seem like a cold, including a runny nose or sore throat. We don't know yet whether some children may be at higher risk for severe illness, like children with underlying medical conditions and special healthcare needs.

### How is COVID-19 spread?

Health experts are still learning more about how the virus spreads. Currently experts think the virus is spread through respiratory droplets made when people with the virus cough, sneeze or talk. Droplets can land in the mouths or noses of people who are nearby or can be breathed into the lungs of people who are in close contact with one another (within about 6 feet). The virus can also spread when a person touches a surface that has the novel coronavirus on it and then touches their own mouth, eyes, or nose. People are thought to be contagious when they are showing symptoms.

### Who is at risk for severe illness from COVID-19?

Children are not currently a high-risk group for serious illness from this virus. Some children have underlying health conditions, such as weakened immune systems, that put them at higher risk. People who are considered most at risk are those 60 years or older, people with underlying health conditions or weakened immune systems, and pregnant people.

## How can I protect myself and my family from COVID-19?

The best ways to protect yourself and your family are to:

- Wash hands often with soap and water for at least 20 seconds. If not available, use hand sanitizer (60% alcohol or greater). Do not use sanitizer with children under age two.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Follow Public Health's recommendations for slowing the spread of COVID-19, including working from home where possible, avoiding large gatherings, and practicing social distancing by trying to stay 6 feet or at least an arm's length away from others when possible.

If you or your family are traveling overseas, check for the latest CDC Travel Alerts for COVID at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/>.

Currently, there are no vaccines available to prevent COVID-19 infections.

## How is COVID-19 treated?

There are no medications specifically approved for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever-reducing medications. However, some cases develop pneumonia and require medical care or hospitalization.

## What should I do if someone in my family has confirmed or suspected COVID-19 or I'm worried that someone in my family may have COVID-19?

- Anyone who is sick should stay home.
- If someone in your family has symptoms of COVID-19 (cough, fever, difficulty breathing), call your healthcare provider.
- If someone in your household tests positive for COVID-19, tell your child care provider. Anyone with confirmed COVID-19 should remain at home and away from others for 72 hours after fever resolves (without fever-reducing medication) and symptoms get better AND 7 days after the start of symptoms.
- People who interacted closely with someone who tests positive for COVID-19 should stay home for 14 days, monitor their health, and call their healthcare provider if they develop symptoms. Close interactions mean being within 6 feet of someone for about 10 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you, or you had direct contact with their body secretions.

For more information about what to do if you have confirmed or suspected COVID-19 or are worried that you may have COVID-19, visit: [kingcounty.gov/depts/health/news/2020/March/5-suspected-covid.aspx](https://kingcounty.gov/depts/health/news/2020/March/5-suspected-covid.aspx)

\*The CDC defines fever as a temperature of 100.4°F (38.0°C) or higher.

*This document was issued on March 20, 2020. It has been printed from the Seattle & King County Child Care Health Program website by your child care or school. It is for information only and is not meant as a substitute for consultation with your health care provider. **This document may be updated as we learn more about this novel virus. Please check back frequently for updated versions.***