

COVID-19

Dear Parent or Guardian,

You are being provided with 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.

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 vast 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 or who have weakened immune systems.

What are the common symptoms of COVID-19?

People who have been 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

How is COVID-19 spread?

Health experts are still learning more about the spread. Currently it's thought 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 possibly be inhaled 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 have not been shown to be 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 people who are pregnant.

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).
- 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.

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 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 am worried that someone in my family may have COVID-19?

Anyone who is sick should stay home.

If someone in your family has tested positive for COVID-19, notify your child care provider. Anyone with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is thought to be low.

If someone in your family has symptoms of COVID-19 (cough, fever, difficulty breathing), call your healthcare provider.

For more information, follow the instructions from the Washington State Department of Health on what to do if you have confirmed or suspected COVID-19: <https://www.doh.wa.gov/emergencies/coronavirus>.

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

Reference:

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus>

Public Health – Seattle & King County: <https://www.kingcounty.gov/covid>

This document was 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.