

Welcome Back to Campus!

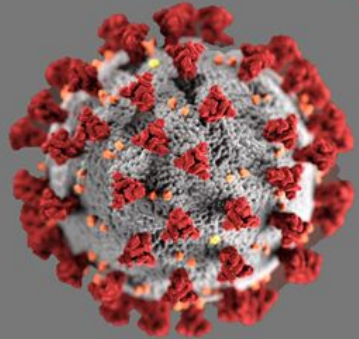


Thank you!

We understand that returning to school campus is an exciting time, but may be stressful for some. We are dedicated to promoting a safe, calm, and welcoming environment for you. We are excited to see you on campus!

What is COVID-19:

COVID-19 is a virus that can cause respiratory symptoms similar to seasonal flu, such as fever, cough, and shortness of breath. Some people have no symptoms. There are several types of coronavirus; COVID-19 is only one (recently identified) type. Most people who become ill from coronaviruses that circulate in the U.S. recover on their own. Some people, particularly those with underlying health problems, the elderly, or those with severe symptoms, may require more intensive medical care.



Coronavirus 2019 (COVID-19)

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. **Symptoms may appear 2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

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

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

How to Protect Yourself & Others

Know how it spreads

- ▶ There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.
- ▶ The virus is thought to spread mainly from person-to-person.
- ▶ Between people who are in close contact with one another (within about 6 feet).
- ▶ Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- ▶ These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- ▶ Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.



https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Guidance-for-Face-Coverings_06-18-2020.pdf

Wash Your Hands Often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

► **It's especially important to wash:**

Before eating or preparing food

Before touching your face

After using the restroom

After leaving a public place

After blowing your nose, coughing, or sneezing

After handling your mask

After changing a diaper

After caring for someone sick

After touching animals or pets

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Social Distancing

- ▶ Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.
- ▶ To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people who are not from your household in both indoor and outdoor spaces.
- ▶ If 6 feet cannot be maintained, it is important to have interactions be less than 15 minutes e.g. passing periods, working with your teacher, or similar incidents
- ▶ Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing masks, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.



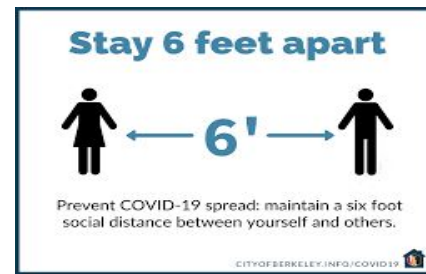
Key point: the cloth face cover is not a substitute for social distancing

Remember the 3 W's:

Wash your hands



Watch your distance



Wear your mask



What To Do Before Coming To School:

Monitor Your Health

- Are you experiencing any of the following symptoms that cannot be explained by another health condition?
 - Cough, difficulty breathing, loss of taste/smell, fever (≥ 100.4), congestion/ runny nose, nausea / vomiting / diarrhea, sore throat, headache, fatigue or body aches
- Have you come into contact with someone who has tested positive for COVID-19

If I answer “Yes”

- STAY HOME
- Contact your school
- Contact your health care provider

Now What

- Separate yourself from others
- Follow instructions given to you by your health care provider and/or Public Health Department
- Update your school nurse

Questions?

Contact your school nurse at 530-622-5081:

Oak Ridge HS- Amber Uber ext. 7114

Ponderosa HS- Kelly James ext. 7140

Union Mine HS & Virtual Academy- Diana Campbell ext. 7103

El Dorado HS & Independence- Todd Hamor ext. 7137