

SARS-CoV-2 or COVID-19

SARS-CoV-2 is coronavirus that causes COVID-19, a respiratory illness. The virus spreads from person to person. May cause severe illness, pneumonia and even death, in some people.

Symptoms: Symptoms may appear 2-14 days after exposure to the virus. Cough, nausea, vomiting or diarrhea, runny nose or congestion, sore throat, headache, fatigue, chills, body aches, fever (100 degrees or greater), shortness of breath or difficulty breathing, loss of sense of taste or smell. This list is not all-inclusive. Illness may last 10 or more days.

Spread: COVID-19 is spread mainly through close contact from person to person, including between people who are physically near each other (within 6 ft.). People who are infected but do not show symptoms can also spread the virus to others.

Call your Healthcare Provider: If you develop COVID-19 like symptoms, and/or if you were exposed to someone confirmed to have the virus, call your healthcare provider.

If you think your child has COVID-19: Please notify your child's school and stay home. If your child develops COVID-19 symptoms and tests positive for COVID-19, or if a healthcare provider believes that your child may have COVID-19, your child must stay home until:

- At least 5 days have passed since their symptoms first started, **and**
- they have had no fever for at least 24 hours (without the use of medicine that reduces fevers), **and**
- they do not have a runny nose, **and**
- they have no more than a minimal, non-productive cough (i.e., not disruptive to the classroom and does not stop them from wearing a mask continuously, they are not coughing up phlegm), **and** symptoms have improved.

After their symptoms have resolved, they may return to school while wearing a mask if around others and/or indoors. Continue to wear a mask until 10 days have passed since symptoms first began.

Prevention:

- Wash hands often, especially after touching anything that could be contaminated with secretions from the nose or mouth.
- Consider wearing a mask that covers nose and mouth to help protect yourself and others.
- Social Distance (6ft or greater apart).
- Avoid large crowds and poorly ventilated indoor spaces.
- Talk to your healthcare provider about receiving the COVID-19 vaccine.

For more information, call Missouri Department of Health and Senior Services (MoDHSS) at 573-751-6113 or 866-628-9891 (8-5 Monday thru Friday) or call your local health department.