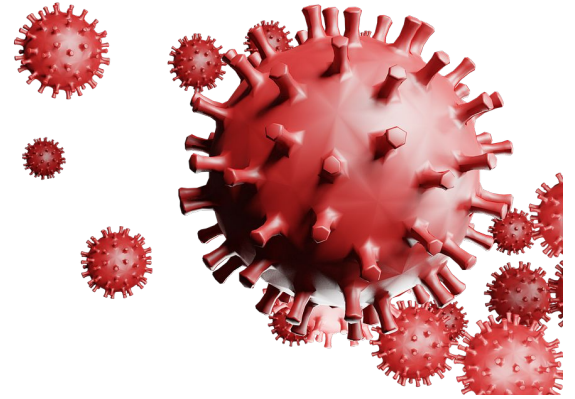


SOUTHLAND C-9 COVID-19 FREQUENTLY ASKED QUESTIONS



What are the symptoms of COVID-19?

Fever (at least 100.4 F)

Chills

Cough

Shortness of breath or difficulty

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Visit [CDC.gov](https://www.cdc.gov) for updated information on symptoms.

What steps can I take to prevent my student from getting COVID-19?

You can talk with your student about taking everyday steps to prevent getting sick:

- Wash hands often.
- Avoid close contact with people who are sick, even inside your own home.
- Remind student to stay 6 feet from other people.
- Cover mouth and nose with a cloth face cover when student is around others.
- Teach your student to clean and disinfect frequently touched surfaces daily.
- Help your student to monitor their health - look for symptoms and take their temperature daily.

How long does it take for symptoms to start?

It can take up to 14 days for people with COVID-19 to start showing symptoms. Some people have very mild symptoms, some people become really sick, and some people with COVID-19 don't have any symptoms at all.

When does my student need to stay home?

Your student should stay home if they have symptoms of COVID-19, have been tested for COVID-19 (while waiting for results), or have been exposed to someone who tests positive for COVID-19.

Keeping ill students, and students who have been exposed to COVID, away from others can stop the spread of the virus. It is possible for people who do not have symptoms to spread the virus to others.

What does isolation and quarantine mean?

These are terms that public health scientists use to describe why someone needs to stay home. They are interventions to stop the spread of germs.

Quarantine - means keeping people who have been exposed to a sick person away from others. Because a person can spread the virus before they have symptoms, being quarantined will help stop them from spreading the virus to other healthy people. People in quarantine usually stay at home and avoid being around others.

Isolation - means keeping sick people away from healthy ones. This usually means the sick person rests in their own bedroom or an area of the home and keeps away from others.

How do I know if my student was around someone who was sick?

If your student has been listed on a contact list for a person testing positive for COVID-19, the Dunklin County Health Department will notify you.

How long does my student need to stay home if they tested positive OR a doctor said they likely have COVID-19?

If your student has symptoms they should stay home and away from others as much as possible until all three of the following have happened:

- At least 10 days have passed since their symptoms started.
- They haven't had a fever (100.4 or greater) in at least 72 hours without using any medication to lower fever.
- They show signs of improvement and/or you have a note from your healthcare provider stating they can return to school.

What if my student tested positive for COVID-19, but doesn't show symptoms?

They should stay home 10 days after the day they were tested and keep away from others as much as possible, because even if they don't have symptoms, they can still spread the virus.

What if my student becomes sick but isn't tested for COVID-19?

They should stay home in isolation until they are feeling better and all the following have happened:

- **Symptoms have resolved**
- **They haven't had a fever (100.4 or greater) in at least 24 hours without using any medication to lower fever.**
- **They should stay home in isolation until they are feeling better.**

OR - You have a note from the healthcare provider stating they can return.

What if my student becomes sick but tests negative for COVID-19?

They should stay home until they are feeling better and they have not had a fever for 24 hours without using any medication to reduce fever. If they visit a doctor and they tell you your student has something other than COVID-19 (like the flu or another virus) then you should follow the doctor's guidelines for exclusion requirements for that disease.

What is a "Close Contact"?

Casual Contact is like passing someone in the grocery store and is low risk for spreading COVID-19.

Close Contact is when someone with COVID-19 makes you at higher risk for getting sick or spreading COVID-19. Examples of close contact are being within 6 feet of someone with COVID-19 for at least 15 minutes, provide care at home for someone who is sick with COVID, sharing a drinking glass or eating utensil, physically touching (hugging) the person or things that may have their germs on them like dirty tissues, or being coughed or sneezed on.

What if my student came in "close contact" with someone who has COVID-19?

Their doctor should be contacted for guidance. Dunklin County Health Department will notify anyone identified as a close contact. Follow any guidance given by the healthcare provider or health department.

What if we live with someone who has COVID-19?

People who live together usually have close contact with each other. Everyone you live with should stay home until all of the following have happened --

The sick person gets better:

- At least 10 days have passed since their symptoms started.
- They haven't had a fever (100.4 F or greater) in at least 72 hours without using any medication to lower fever.
- The symptoms improve.

May return when they have been released from home isolation as determined by the Dunklin County Health Department.

What if my student is listed as a "close contact" with someone with COVID-19 and gets sick but isn't tested for COVID-19?

Your student should stay home and away from others as much as possible until they get better and all the following have happened:

- **At least 10 days have passed since their symptoms started.**
- **They haven't had a fever (100.4 F) or greater in at least 72 hours without using any medication to lower fever.**
- **Their symptoms improve.**