



CORONAVIRUS (COVID-19)



The new Coronavirus named COVID-19 originated in Wuhan City, China and has now spread throughout the world. We are asking our families to learn about this very contagious virus and follow guidelines to protect yourself, your family and the community from getting the virus and spreading it to others.



People with confirmed cases of the COVID-19 have had illness ranging from mild to severe. Symptoms are similar to the flu and can include:

- Fever
- Cough
- Shortness of breath
- Body aches
- Tiredness
- Sore throat
- Headache
- Diarrhea
- Pneumonia

So far children seem to have milder illness and older individuals and those with underlying health conditions have had more severe illness. At this time there is no treatment or vaccine for the virus, so basic infection control measures listed below must be followed to minimize contact and spread of the infection.



**Handwashing, handwashing,
handwashing!!**

See CDC for proper handwashing instructions:
[cdc.gov/handwashing](https://www.cdc.gov/handwashing)



**Avoid touching face, eyes, mouth, nose.
Wash hands after.**



**If soap and water are not available use
hand sanitizer with at least 60% alcohol.**

Use soap and water if hands are visibly dirty.



**Cough or sneeze into your elbow,
arm or tissue, not your hands.**



Stay home if you are sick or have a fever of 100 or above



Avoid travel to outbreak areas and follow Department of Health instructions.



Clean and disinfect frequently touched household objects and surfaces in your home



CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.



Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

The use of facemasks is also crucial for health workers and people who are taking care of someone at home or in a health care facility.

This is a rapidly changing situation. The CDC Coronavirus Disease website is the best source of trusted and updated information and well as the other links below including state and county health departments.

- **Centers for Disease Control (CDC)**
www.cdc.gov/coronavirus/2019-ncov/index.html
- **Erie County Health Department Epidemiologist**
Telephone contact number: 716-858-7697
- **New York State Department of Health**
www.health.ny.gov
- **Erie County Health Department**
www2.erie.gov/health/index.php?q=coronavirus
- **Healthychildren.org**
healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx

If your child has been exposed to the COVID-19 virus and/or is showing signs of illness, stay at home and call our office.

Follow CDC instructions outlined in handout below:

www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf