

# WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)



The St. Tammany Parish Public School System continues to keep the health, safety and well-being of our students and staff as our highest priority. As a school district, we are closely monitoring the coronavirus situation and taking guidance from the Louisiana Department of Health and the U.S. Centers for Disease Control and Prevention.

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19 and follow the recommendations of the CDC. Remember, there are other respiratory viruses with similar symptoms, like the flu, circulating in schools. It should not be assumed that anyone with these symptoms has coronavirus.

## What is STPPS doing?

- We have a district crisis and safety plan in place.
- We are monitoring absenteeism patterns.
- We are providing necessary supplies for increased cleaning.
- We remain in close contact with the St. Tammany Parish Office of Homeland Security and Emergency Preparedness and the Louisiana Department of Health.
- Teachers are reviewing hand-washing techniques with students.
- We are discouraging students from sharing their food with others.
- We are encouraging all students to keep unwashed hands out of their mouths, noses, eyes, etc.
- School nurses are remaining vigilant in monitoring students and staff for symptoms.
- We are encouraging classroom staff to use anti-bacterial products on all high-touch surfaces daily.
- We are increasing the frequency of school building cleaning by custodial/maintenance staff.
- We are requesting that students and staff wait for the 14-day incubation period to expire before returning to school or work if they have traveled to a country on the CDC's risk assessed list out of an abundance of caution.
- We're asking new families who register whether the student has traveled internationally within the last two weeks.

## How is it spread?



Through the air by coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

## What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of Breath

## How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- Wash hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available, but note it must be rubbed into skin until dry.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Avoid contact with sick people.
- Stay home while you are sick; avoid others.
- Cover mouth/nose with a tissue or elbow when coughing or sneezing, and throw away tissue in trash immediately.

