

### **Parent Guide to the Novel Coronavirus (2019-NCOV)**

Due to increased concern in the community about the spread of the 2019 Novel Coronavirus (2019-nCoV), Broward County Public Schools has developed this guide so that parents/guardians have the correct information regarding what the virus is, how to protect yourself and your child, and what to do if you suspect a possible case.

The 2019-nCoV is a new respiratory virus originated in Wuhan, Hubel Province China. It is being closely monitored by the Centers for Disease Control and Prevention (CDC). Reported illnesses of 2019-nCoV have ranged from infected individuals with little or no symptoms to individuals who are severely ill. Public health officials are unclear as to how 2019-nCoV spreads from person to person

#### **What you should know:**

The symptoms include mild to severe respiratory illness with:

- Fever
- Cough
- Difficulty breathing

Having these symptoms alone does not mean that someone has the virus. Symptoms may appear in as few as two days or as long as 14 days after exposure. According to the CDC, the greatest risk of infection is for individuals who have traveled to Wuhan China. These symptoms mimic flu-like symptoms and there are currently no specific treatments for 2019-nCoV. However, preventive measures for the 2019-nCoV are similar to other respiratory viruses such as the flu.

#### **What are flu symptoms?**

Flu symptoms can include a cough, sore throat, fever, runny or stuffy nose, body aches, headaches, chills, feeling tired and may include vomiting and diarrhea. Some people with the flu may not experience all these symptoms.

#### **What if my child has these symptoms?**

- You should contact your healthcare provider immediately. Don't wait for symptoms to worsen!
- Parents/guardians are encouraged to keep children home when sick.

#### **What are some ways I can protect my child?**

- According to the CDC, proper handwashing with soap and water is one of the best ways to prevent illness.
- Demonstrate proper handwashing for 20 seconds. Have your child visit <https://www.cdc.gov/handwashing/index.html> to watch a video on proper handwashing.
- Demonstrate to your child how to cover their nose and mouth with a tissue when coughing or sneezing. They should throw the tissue away after use and wash their hands. If a tissue is not available, **THEY SHOULD NOT USE THEIR HANDS**. They should cover their mouth and nose with their sleeve.
- Children should avoid touching their eyes, nose, or mouth. Germs spread this way.
- If possible, avoid people who are sick.
- Clean and disinfect frequently touched surfaces or objects.

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

## What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. ([www.cdc.gov/ncov](http://www.cdc.gov/ncov))
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
  - » Avoid close contact with sick people.
  - » While sick, limit contact with others as much as possible.
  - » Stay home if you are sick.
  - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
  - » Clean and disinfect surfaces and objects that may be contaminated with germs.
  - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

## What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.

