

Coronavirus (COVID-19)

Communicable Disease Exposure Notice

Dear Parents:

Your child may have been exposed to the communicable disease **COVID-19** in a Reach Dane/Reach Green classroom on the following date: _____.

Please review the information below. If you have any questions, or if your child begins experiencing symptoms of the illness, contact your child's primary care provider or one of the agencies listed below.

Public Health – Madison & Dane County

(608) 266-4821

Green County Health Department

(608) 328-9390

What is Coronavirus (COVID-19)?

Coronaviruses are a type of virus. There are many different kinds (strains), and some cause disease. A coronavirus identified in 2019 (SARS-CoV-2) is the new strain that has caused a pandemic of respiratory illness, called COVID-19. It is diagnosed with a test.

What are the symptoms of COVID-19?

COVID-19 illness can be very mild to severe. Symptoms may include fever, chills, headache, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Some people have no symptoms at all.

How does a person get COVID-19?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, nose, or mouth. Less often, people can get infected if they touch an infected droplet on a surface and then touch their own nose, mouth, or eyes.

How long is an infected person able to spread COVID-19?

How long someone can spread the virus depends on different factors, including how sick they are (severity) and how long their illness lasts (duration). This is not the same for everyone.

When, for at least 24 hours, your symptoms are getting better overall and you have not had a fever (and are not using fever-reducing medication), you are typically less contagious, but it still takes more time for your body to fully get rid of the virus. During this time, you may still be able to spread the virus to others. Taking precautions for the next 5 days can help reduce this risk. After this 5-day period, you are typically much less likely to be contagious. However, some

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people, especially people with weakened immune systems, can continue to spread the virus for a longer period of time.

How is COVID-19 treated?

For children, treatment is supportive, including bed rest, drinking increased amounts of liquids, and taking medicine such as pain relievers and fever reducers. For some older children and adults, there are antiviral medications available for treatment.

How long is a child with COVID-19 excluded from childcare?

Children can return to childcare if both are true:

- Child is fever-free for 24 hours, without the use of fever-reducing medication
- Child's overall symptoms are getting better

Take added precaution for the next 5 days: wear a mask, physical distance, wash hands and cover coughs and sneezes.

How Can I Limit the Spread of COVID-19?

- Stay up to date with the immunizations that are recommended for you, including the current flu and COVID-19 vaccine.
- Practice good hygiene by covering your coughs and sneezes, washing, or sanitizing your hands often, and cleaning frequently touched surfaces.
- Take steps for cleaner air. This can mean bringing in fresh outside air, purifying indoor air, or gathering outdoors. Virus particles do not build up in the air outdoors as much as they do indoors.
- Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause.
- Wearing a mask can help lower the risk of respiratory virus transmission. When worn by a person with an infection, masks reduce the spread of the virus to others.
- Putting physical distance between yourself and others can help lower the risk of spreading a respiratory virus. There is no single number that defines a "safe" distance, since spread of viruses can depend on many factors.
- Testing for respiratory viruses can help you decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading a virus to others.