

COVID-19

****Reportable to local or state health department****

COVID-19 is a highly contagious viral illness.

CAUSE

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

SYMPTOMS

Asymptomatic is possible and common, however children may experience a variety of the following symptom: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea.

Children who have underlying health conditions are at increased risk for severe illness from COVID-19. The risk of death among children is low compared with adults, though some children in the United States have died from COVID-19.

SPREAD

By close contact with droplets containing COVID-19 virus that are expelled from the nose and mouth of an infected person such as during breathing, sneezing, or coughing. By touching the secretions from the nose and mouth of an infected person and by touching hands, tissues, or other items soiled with these secretions and then touching your eyes, nose, or mouth.

INCUBATION

It takes 2 to 14 days from the time a person is exposed until symptoms start.

CONTAGIOUS PERIOD

For symptomatic cases, a person is contagious from 2 days before to 10 days after symptoms developed.

For asymptomatic cases, a person is contagious from 2 days before to 10 days after the positive test was taken.

DIAGNOSIS

Nasopharyngeal (NP), oropharyngeal (OP) (throat), nasal, or saliva specimens are tested for presence of COVID-19 virus.

EXCLUSION

Childcare and School: Until fever is gone for 24 hours without the use of fever reducing medication and the child is well enough to participate in routine activities.

TREATMENT

It is recommended to call their health care provider to determine if treatment is necessary.

PREVENTION/CONTROL

- Monitor/screen for symptoms; ill staff/children should stay home and seek

testing.

- Encourage COVID-19 vaccination for all students and staff. Recommend students/staff stay “up to date” with COVID-19 vaccination and boosters.
- Face coverings can help prevent the transmission of COVID-19, as well as other viral respiratory illnesses. Recommendations to wear face coverings in school/childcare settings should be consistent with local/state/federal guidelines. Note that face covering recommendations may change based on local activity.
- Close contacts should be tested 6 days after exposure occurred, even if asymptomatic. In general, anyone exposed should be tested immediately if symptoms develop.
- Cover nose and mouth with tissue when coughing and sneezing or cough/sneeze into your sleeve. Dispose of used tissues in the trash.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth or handling used tissues. If soap and water are not available, use an alcohol-based hand sanitizer.
- Establish a regular schedule and checklist for cleaning and disinfecting commonly touched surfaces (workstations, keyboards, telephones, handrails, doorknobs, etc.), shared items, shared equipment, and high traffic areas.
- Ventilation is an important factor in preventing COVID-19 transmission indoors. Facility owners and operations should evaluate the operational capacity of ventilation systems and increase and maintain ventilation provided throughout the building.

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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