CORONAVIRUS INFORMATION

A Publication of the Herkimer-Fulton-Hamilton-Otsego BOCES Safety Service

2019 COVID-19 Information Sheet

Coronavirus is a respiratory illness that can spread from person to person. Symptoms include: fever, cough, and trouble breathing or shortness of breath. These symptoms match other common illness currently circulating in School; like the Flu. No one with these symptoms should be assumed to have COVID-19. There are no confirmed cases of COVID-19 in New York State.

How Coronavirus is Spread

- Possibly through coughs & sneezes.
  - Droplets can land in the mouths or noses of people nearby or be inhaled into the lungs.
  - Potentially by touching a surface or object that has the virus on it, and then touching your mouth, nose, or eyes with unwashed hands.
- People are thought to be most contagious when they are the sickest.
  - Symptoms may appear in as few as 2 days or as long as 14 days after exposure.

*At this time only the Center for Disease Control can confirm cases of Coronavirus*

Steps Individuals can take to Limit Spread

Students, Staff, and Visitors can take precautions, especially if they have symptoms or know someone who has symptoms.

- Stay home if you have cold & flu-like symptoms, except to get medical care.
- Cover your coughs & sneezes with a tissue, and discard it in a lined trash can.
- Wash hands often with antibacterial soap for at least 20 seconds
- Clean hands with an alcohol-based hand sanitizer that contains 60-95% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing items, such as cups, utensils, towels, etc. with other people in your home.
- Seek medical attention for worsening symptoms.

Steps Schools can take to Limit Spread

- Review cleaning procedures:
  - Provide cleaning supplies that indicate they are effective against Coronavirus, gloves, disinfecting wipes, etc.
  - Pay special attention to surfaces & objects that are touched often (desks, doorknobs, keyboards, railings, and faucet handles).
  - Ensure all buses are thoroughly cleaned.
- Model proper “Respiratory Etiquette”:
  - Cover coughs & sneezes with a tissue or bent arm.
  - Schools should provide an adequate supply of tissues.
  - Review and update existing relevant emergency plans, policies, and procedures.
  - Have teachers review hand-washing techniques with students.
  - Discourage the sharing of food.