

Corona Virus Known as COVID 19

**FOR PARENTS,
STUDENTS & STAFF
AT HOME OR AT
SCHOOL**



How to Protect Ourselves/COMO PROTEGERNOS

STOP THE SPREAD OF THE VIRUS!

PARDA el EXTENDIO de la VIRUS!

- **Wash your hands often.**
- **Wear a face cover.**
- **Cover your cough & sneeze.**
- **Social distance 6 feet.**
- **Stay AWAY from people who are sick.**

- **Lavarse las manos frecuentemente.**
- **Cúbrase la boca y la nariz con una mascarilla.**
- **Cúbrase la nariz y la boca al toser y estornudar.**
- **Mantenga una distancia segura de 6 pies.**
- **Evitar a las personas enfermas/os.**

How to Protect Ourselves/COMO PROTEGERNOS STOP THE SPREAD OF THE VIRUS! PARDA el EXTENDIO de la VIRUS!

YOUR HEALTH

- Monitor your own health.
- Eat healthy meals.
- Get plenty of rest.
- Exercise is important.
- Take medicines as they have been prescribed for you.
- Drink plenty of water.

Su SALUD

- Supervise su propia salud.
- Coma comidas saludables.
- Descansa mucho.
- Ejercicio es importante.
- Tome los medicamentos que se le han recetado.
- Bebe mucha agua.

SYMPTOMS/SINTOMAS

- Fever or chills 100.4 or More
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- Fiebre o escalofríos 100.4 o Mas
- Tos
- Dificultad para respirar o dificultad para respirar
- Fatiga
- Dolores musculares o corporales
- jaqueca
- Nueva pérdida de sabor u olor
- Dolor de garganta
- Congestión o esroteo
- Náuseas o vómitos
- Diarrea

EMERGENCY SIGNS & SYMPTOMS

SIGNOS Y SÍNTOMAS DE EMERGENCIA

When to seek emergency medical attention

- Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

Cuándo buscar atención médica de emergencia

- Busque señales de advertencia de emergencia* para COVID-19. Si alguien está mostrando cualquiera de estos signos, busque atención médica de emergencia de inmediato:
- Dificultad para respirar
- Dolor persistente o presión en el pecho
- Nueva confusión
- Incapacidad para despertar o permanecer despierto
- Labios o cara azulados
- *Esta lista no es todos los síntomas posibles. Llame a su proveedor médico para cualquier otro síntoma que sea grave o que le preocupe.
- Llame al 911 o llame con anticipación a su centro de emergencia local: Notifique al operador que está buscando atención para alguien que tiene o puede tener COVID-19.

WHAT TO DO IF YOU ARE SICK.

QUÉ HACER SI ESTÁS ENFERMO/A.

- Stay home except to get medical help.
- Separate yourself from other people.
- Monitor your symptoms.
- Keep in touch with your doctor.
- Wear a mask over **your** nose and mouth.
- Cover your cough and sneeze.
- Wash your hands often.
- Avoid sharing personal items.
- Keep your room and house disinfected.

- Quédate en casa excepto para obtener ayuda médica.
- Sepárate de otras personas.
- Controla tus síntomas.
- Manténgase en contacto con su médico.
- Use una máscara sobre la nariz y la boca.
- Cúbrete la tos y estornudo.
- Lávese las manos con frecuencia.
- Evite compartir artículos personales
- Mantenga su habitación y la casa desinfectadas.

WHO IS AT HIGHER RISK?

¿QUIEN ESTA en MAYOR RIESGO?

People of any age with certain underlying medical condition.

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

Personas de cualquier edad con cierta condición médica subyacente

- Cáncer
- Enfermedad renal crónica
- EPOC (enfermedad pulmonar obstructiva crónica)
- Personas inmunodeprimidas (sistema inmunitario debilitado) por trasplante de órganos sólidos
- Obesidad (índice de masa corporal [IMC] de 30 o superior)
- Afecciones cardíacas graves, tales como insuficiencia cardíaca, enfermedad de la arteria coronaria o miocardiopatías
- Enfermedad de células falciformes
- Diabetes mellitus tipo 2

WHO IS AT HIGHER RISK?

¿QUIEN ESTA en MAYOR RIESGO?

People with the following conditions **might be at an increased risk** for severe illness.

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia

Las personas con las siguientes afecciones **podrían tener un mayor riesgo** de padecer enfermedades graves

- Asma (moderado a grave)
- Enfermedad cerebrovascular (afecta los vasos sanguíneos y el suministro de sangre hacia el cerebro)
- Fibrosis quística
- Hipertensión o presión arterial alta
- Personas inmunodeprimidas (sistema inmunitario debilitado) a causa de un trasplante de médula ósea, deficiencias inmunitarias, VIH, uso de corticoides, o del uso de otros medicamentos que debilitan el sistema inmunitario
- Afecciones neurológicas, como la demencia

WHO IS AT HIGHER RISK?

¿QUIEN ESTA en MAYOR RIESGO?

People with the following conditions **might be at an increased risk** for severe illness.

Personas de cualquier edad con ciertas condiciones médicas subyacentes.

- Liver Disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

- Enfermedad hepática
- Embarazo
- Fibrosis pulmonar (el hecho de tener los tejidos del pulmón dañados o cicatrizados)
- Fumar
- Talasemia (un tipo de trastorno de la sangre)
- Diabetes mellitus tipo 1

STUDENT PRIVACY

The Federal Educational Rights and Privacy Act (FERPA) of 1974 established confidentiality standards and access rights to student records

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

[Health Insurance Portability and Accountability Act of 1996 ...](#)
[www.cdc.gov › phlp › publications › topic › hipaa](#)

The Health Insurance Portability and Accountability Act of 1996 (**HIPAA**) is a federal law that required the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.

REFERENCES/REFERENCIAS

- All information was retrieved from the CDC at the following link
- Toda la información fue recuperada del CDC en el siguiente enlace
- [.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Audience=Schools](https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Audience=Schools)
- **Together we will get through this difficult time. We are all in it for the safety of our students, staff, parents and for the better of our community.**
- **Cindy Henson, School Nurse. 575-752-0001.**