
COVID-19

— Coronavirus Disease of 2019 —

By Shikellamy School District Nurses

What symptoms should I watch for?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Sore throat
- Body aches
- Shortness of breath

When should I go to the doctor?

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

How do I protect myself and my family?

#1 DO NOT touch your face with your hands

- Transmission is almost exclusively from your hands touching your face.
- You do not need to wear a face mask, unless you need to wear one to remind yourself to not touch your face with your hands.
- Cleaning your hands frequently with soap and water for at least 20 seconds is best.
- Use hand sanitizer if soap and water is not readily available.
- Clean and disinfect frequently touched objects and surfaces.

Watch this video: <https://www.youtube.com/watch?v=O5PwLAZNnKc>

How do I protect myself and my family?

#2 Cover your cough and sneezes

- Use a tissue if you have one.
- Throw the tissue away after each use.
- Use the bend of your elbow if a tissue is not readily available.
- Clean and disinfect frequently touched objects and surfaces.

Watch this video: <https://www.youtube.com/watch?v=CtnEwwJWDo0>

How do I protect myself and my family?

#3 Maintain social distancing

- Stay 6 feet away from others.
- Enjoy the outdoors, just follow the 6 foot rule.
- Do not go to social gatherings, especially indoor places.
- Limit your social circle to only family if possible.
- Stay home if you are sick and avoid close contact with others who are sick.
- Clean and disinfect frequently touched objects and surfaces.

How to stay healthy

1. Get active each day (at least 30 minutes daily is ideal)

2. Choose water as a drink

3. Eat more fruit and vegetables

4. Switch off the screen and get active

5. Eat fewer snacks and select healthier alternatives

Enjoy this fun interactive site: <https://www.healthykids.nsw.gov.au/parents-carers/5-ways-to-a-healthy-lifestyle.aspx>

What if I have questions — on COVID-19 —

Resources

Geisinger COVID-19 hotline

570-284-3657

Call our 24/7 hotline for answers about care recommendations and more.

Visit [Geisinger's Coronavirus Resource Center](#) for the latest information and helpful resources.



Resources con't

Evangelical Hospital COVID-19 HOTLINE

570-522-4530

- To provide the community with another resource Evangelical is launching a COVID-19 hotline at 8 am Tuesday, March 31, 2020. Community members with health and wellness questions related to COVID-19 or Hospital operation questions should be directed to call 570-522-4530. The phones will be open from 8am to 5 pm Monday through Friday.
- The hotline will be staffed by licensed staff who can help guide community members to the appropriate care. The clinicians will also have access to operational updates to answer questions related to those issues.

RESOURCES CON'T

www.cdc.gov/covid-19

www.health.pa.gov

How do I pick up my child's medication left at the school?

Call the main number of your child's school and leave a message and someone will contact you to make arrangements.

- High School 570-286-3702
- Middle School 570-286-3736
- Oaklyn 570-286-3731
- Chief 570-286-3728
- Beck 570-286-3725
- Priestley 570-473-3261