

# WHAT'S HAPPENING IN MY SCHOOL ?

## WHAT TO EXPECT

### What to Expect when You're Back on Campus

- Everyone on campus -- staff, teachers and students -- will need to wear masks at all times
- Masks, face shields, and desk shields will be available for staff, teachers and students
- Students will only have contact with other students in their classroom
- School leaders will have detailed plans to make sure there is physical distancing in each classroom

# WE CAN PREVENT COVID-19!

## YOUR PREVENTION CHECKLIST:



✓ Cover your face with a mask when you are out of your house



✓ Avoid crowded, in-door spaces



✓ Wash your hands frequently



✓ Keep your social activities to a small group of family or friends who are also taking action to stay safe



✓ Keep a physical distance of 6 feet between you and others

If someone you know suspects or knows they've been exposed to someone with COVID-19, they should quarantine and get a COVID-19 test.

For additional information on COVID-19 and testing go to:  
<https://coronavirus.baltimorecity.gov>

# WHEN TO STAY HOME

There is a lot of information about COVID-19 out there, but it's not always easy to figure out what it means and how to protect yourself - and stop the spread in the community!

Getting our kids back to school safely is a goal we all share. With your help we can do it!

## WHAT TO DO IF YOU MIGHT BE POSITIVE

If you think your child or someone else in your house has COVID-19 based on symptoms they have (dry cough, fever, shortness of breath, chills, headache, muscle pain or others)

OR You know they have been exposed to someone that has tested positive



They should stay home, wear a face mask, and keep their distance from others to make sure they don't spread the virus to anyone else in the household.



If someone has symptoms or has been exposed they should stay at home for 14 days (referred to as being in quarantine) or until they can be tested and confirmed negative.



# WHEN TO STAY HOME

## WHAT IT MEANS TO BE ASYMPTOMATIC

**MANY PEOPLE CAN HAVE COVID-19 WITHOUT HAVING ANY SYMPTOMS AT ALL. THIS IS CALLED BEING "ASYMPTOMATIC."**

- ▶ If a person is asymptomatic, they themselves might not know they have it.
- ▶ You can't tell if someone is infected just by looking at them.
- ▶ Even if someone does test positive, they still might not have symptoms.

This is why it is so important for those who do test positive to self-isolate and for those who may have been exposed to someone with COVID-19 to quarantine themselves.

# HOW DO I KNOW IF I HAVE COVID?

This sounds simple, but the answer can be complicated!

Some people who are infected with COVID-19 show classic symptoms of being sick. Common symptoms include:

- ▶ Fever
- ▶ Cough
- ▶ Shortness of breath or difficulty breathing
- ▶ Chills
- ▶ Muscle pain
- ▶ Headache
- ▶ Sore throat
- ▶ New loss of taste or smell

## BUT it gets complicated

Because some people infected with COVID-19 may have just very mild symptoms OR no symptoms at all (this is called being asymptomatic).

Unfortunately, if someone is infected and they don't know it, they can still infect others.

That's why COVID-19 can spread so easily. You can't tell someone has it just by looking.

Prevention works best!