**COVID-19: General Information & Resources***Boscobel Area Schools*

**What is COVID-19?**COVID-19 is an infectious disease caused by a newly discovered coronavirus strain. Many people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.  Older people and those with underlying medical problems are more likely to develop serious illness.

The virus is thought to spread mainly from person-to-person between people who are in close contact, and through respiratory droplets produced when an infected person coughs, sneezes, or talks. To protect yourself and others from infection, you should:

1. Wash your hands often or use hand sanitizer with at least 60% alcohol when soap and water are not available
2. Avoid close contact with people who are sick and socially distance (6 feet) from people outside of your household
3. Cover your mouth and nose with a mask when around others who don’t live in your household
4. Cover coughs and sneezes
5. Cleaning and disinfect
6. Monitoring your health daily and stay home when you are sick

**What are the symptoms of COVID-19?**

* Fever
* Chills
* 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

Any plan for in-person learning comes with some inherent risk of contracting COVID-19.  Our goal is to reduce that risk as much as possible.  We will follow national, state, and local public health guidance for COVID positive cases, and we will communicate with local public health departments as needed.

**References:**

* DHS (Wisconsin Department of Health Services) COVID-19: <https://www.dhs.wisconsin.gov/covid-19/index.htm>
* DPI (Wisconsin Department of Public Instruction)COVID-19: <https://dpi.wi.gov/sspw/2019-novel-coronavirus>
* CDC (Center for Disease Control and Prevention) COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
* WHO (World Health Organiztion) COVID-19: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**Additional Resources/Links:**

* Helping Kids During COVID-19: <https://www.rrsd.k12.wi.us/cms_files/resources/Coronavirus-how-talk-kids.pdf>
* BrainPOP-A Coronavirus Video: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
* Germs (younger students): <https://www.youtube.com/watch?v=uMbCZfb5k3M>
* Germs (older students): <https://www.youtube.com/watch?v=uMbCZfb5k3M>
* Handwashing Video (younger students): <https://www.youtube.com/watch?v=7QKrFxahFC4>
* Handwashing Videos (general): <https://www.cdc.gov/handwashing/videos.html>
* Support for Teens and Young Adults COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>
* Print Resources COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>