

August 9, 2021

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.htm> **Symptoms**
of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- Trouble breathing
- Inability to wake or stay awake
- Persistent pain or pressure in the chest
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- New confusion

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Know how it spreads



- **The best way to prevent COVID-19 is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Limit contact with people who don't live in your household as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at increased risk for severe illness**. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

August 9, 2021

Accessible version <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

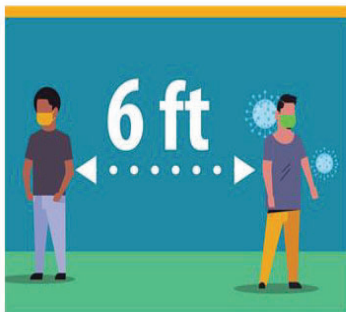
STOP THE SPREAD OF GERMS | COVID-19 |




Get a COVID-19 vaccine.



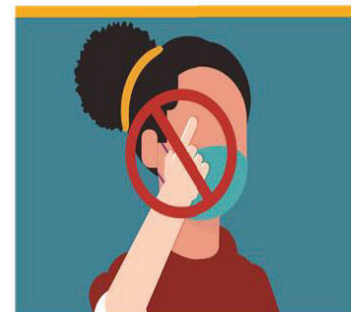
Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



Stay at least 6 feet (about 2 arm lengths) from other people.



When in public, wear a mask over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

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HOW DO I SET UP MY CLASSROOM?

A quick guide for teachers

Teachers are encouraged to work with administrators and other school staff (e.g., custodians or janitors) to modify the layout of their classroom in a way that promotes healthy behaviors, environments, and operations that reduce the risk of COVID-19. As outlined in [CDC's Considerations for Schools](#), these modifications could include:

- spacing seating/desks at least 6 feet apart when feasible;
- turning desks to face in the same direction (rather than facing each other), or having students sit on only one side of tables, spaced apart; and
- modifying learning stations and activities as applicable so there are fewer students per group, placed at least 6 feet apart if possible.



This guide provides you with an overview of **15 things you can do to modify your classroom** and **5 sample layouts for your classroom**. As you consider how to modify the layout of your classroom, be sure to work with your school administrators and custodial staff. For example, you might ask them if it is possible to add, remove, or change classroom furniture, if there is a budget for purchasing physical barriers, or if there are any restrictions to modifying your classroom (e.g., adding tape to the floors).

15 things you can do to modify your classroom

- 1. Space students at least 6 feet apart**, when possible. Have students sit in the same assigned seat every day. Consider working with administrators and teachers to standardize seating charts across classes.
- 2. Turn desks to face the same direction (rather than facing each other), or have students sit on only one side of tables, spaced apart.** Students can be instructed to avoid spinning or turning around in their chairs.

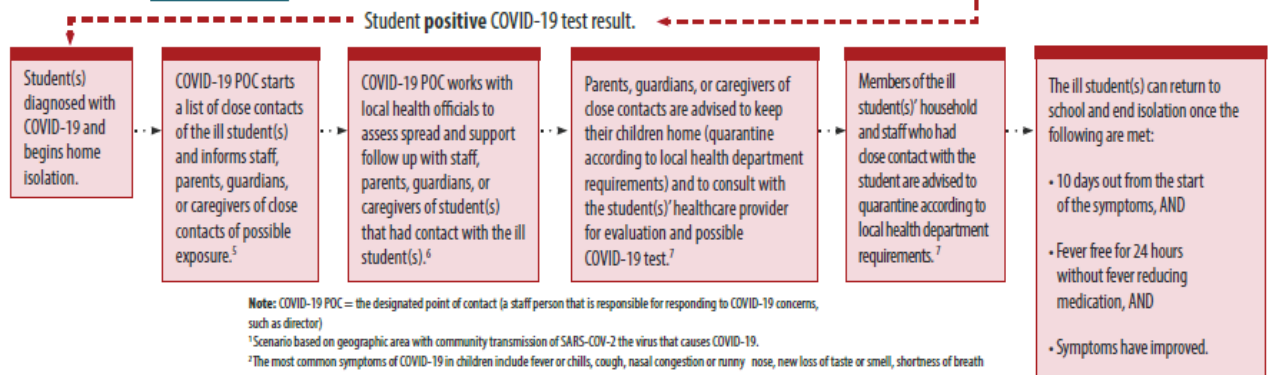
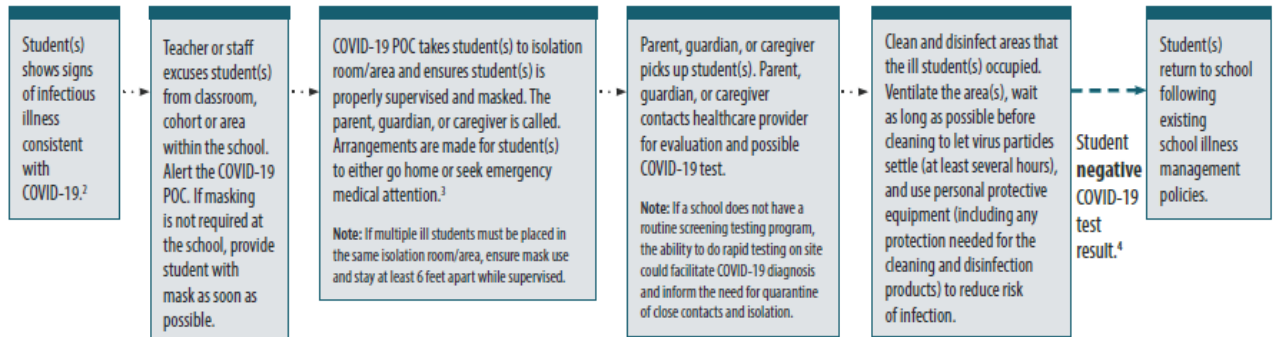


- 3. Modify learning stations and activities** so that there are fewer students per group and students can be at least 6 feet apart, if possible. When it is difficult to space students at least 6 feet apart, use physical barriers, such as a sneeze guard or partition.
- 4. Mark "X's" on tables** to keep at least 6 feet of distance between students, when possible, using colorful tape. Explain to students that they should not sit in "X" zones.
- 5. Mark walking paths** or provide physical guides, such as colorful tape on floors and signs on walls, to ensure that students remain at least 6 feet apart, where possible. Consider making these paths



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WHAT TO DO IF A STUDENT BECOMES SICK OR REPORTS A NEW COVID-19 DIAGNOSIS AT SCHOOL¹



Note: COVID-19 POC = the designated point of contact (a staff person that is responsible for responding to COVID-19 concerns, such as director)

¹ Scenario based on geographic area with community transmission of SARS-CoV-2 the virus that causes COVID-19.

² The most common symptoms of COVID-19 in children include fever or chills, cough, nasal congestion or runny nose, new loss of taste or smell, shortness of breath or difficulty breathing, diarrhea or vomiting, stomachache, tiredness, headache, muscle or body aches, and poor appetite or poor feeding (especially in babies under 1 year old).

³ Schools that do not have a universal mask requirement could require masking by students, teachers, and staff if they are experiencing onset of upper respiratory infection symptoms at school while waiting to be picked up or leave the school.

⁴ With no known close contact.

⁵ Close contact is defined as someone who was within 6 feet for a total of 15 minutes or more within 2 days prior to illness onset, regardless of whether the contact was wearing a mask. See exception in the definition for the exclusion of students in the K-12 indoor classroom: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

⁶ To the extent allowable by applicable laws regarding privacy.

⁷ CDC guidance provides that people who are fully vaccinated and do not have COVID-19 symptoms do not need to quarantine or get tested after an exposure to someone with COVID-19.

