Covid-19 Quick Reference Guide and Recommendations For TUSD Staff

What is Covid-19? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Vocabulary

Close contact: A person who may be at risk of a contagious disease because of their proximity or exposure to a known case. Exact definition of close contact differs by disease; for COVID-19, the CDC defines a close contact as anyone who has been within 6 feet of a person infected with the virus for a prolonged period of time, or has had direct contact with the infected person’s secretions. (Source: CDC)

Fever: A measured temperature of 100.4 °F [38 °C] or greater.

High Touch Surfaces: Counters, tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks.**

Home isolation: Persons with COVID-19 who have symptoms or laboratory-confirmed COVID-19 who have been directed to stay at home until they are recovered. (Source: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html)

Quarantine: Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Social distancing: Measures taken to reduce person-to-person contact in a given community, with a goal to stop or slow down the spread of a contagious disease. Measures can include working from home, closing offices and schools, canceling events, and avoiding public transportation. (Source: CIDRAP)

Symptoms

These symptoms may appear 2-14 days after exposure (based on the incubation period)

- Fever
- Cough
- Shortness of breath

When to Seek Medical Attention

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.

**To disinfect High Touch Surfaces, use a diluted bleach solution (1 tablespoon bleach to 1 quart of water) or a household disinfectant that says “EPA approved.” Follow the manufacturer’s instructions for all cleaning and disinfection products for concentration, application method and contact time, etc.
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<table>
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<tr>
<th>If you HAVE, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH COVID-19, you should:</th>
<th>If you LIVE with someone who has COVID-19, you should:</th>
<th>If you HAVE HAD CLOSE CONTACT with someone who has, is being evaluated for, or has symptoms consistent with COVID-19, you should:</th>
<th>If you have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should:</th>
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| • Stay at home except to get medical care.  
• Call ahead before visiting your doctor.  
• Separate yourself from others in the home.  
• Wear a facemask when in the same room with other people and when you visit a healthcare provider if available.  
• Cover your coughs and sneezes.  
• Wash your hands, **avoid touching your eyes, nose, and mouth**.  
• Monitor your symptoms and seek medical care if your illness is worsening.  
• If you have tested positive for COVID-19 follow the guidance of your healthcare provider. **The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments.**  
• PCHD recommends If you have tested positive for COVID-19, you should remain isolated in your home for seven days after your fever and symptoms of acute COVID-19 are gone, whichever is longer.  
• If you have a fever and respiratory symptoms and have **not** tested positive for COVID-19, you should stay home away from others until 72 hours after your fever and symptoms or acute infection are gone. | • Stay home for 14 days  
• Self-Quarantine  
• Cover your cough and sneeze.  
• Wash your hands and **avoid touching your eyes, nose, and mouth**.  
• Monitor your health and call your doctor if you develop symptoms.  
• Watch for these signs and symptoms:  
  • Fever. Take your temperature twice a day.  
  • Coughing.  
  • Shortness of breath or difficulty breathing.  
  • Other symptoms: chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.  
• Have only people in the home who are essential to providing care for the person – other household members should stay in another home or place of residence. If this is not possible, they should stay in another room and be separated from the person as much as possible.  
• If possible, stay away from people who are high-risk for getting very sick from COVID-19.  
• Avoid sharing household items.  
• Clean all “high-touch” surfaces.  
| Monitor your health starting from the day you first had close contact with the person who has or is being evaluated for COVID-19, and continue for 14 days after you last had close contact with the person.  
If you do not have any symptoms, **continue with your daily activities.**  
Watch for these signs and symptoms:  
• Fever. Take your temperature twice a day.  
• Coughing.  
• Shortness of breath or difficulty breathing.  
• Other symptoms: chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.  
• Have only people in the home who are essential to providing care for the person – other household members should stay in another home or place of residence. If this is not possible, they should stay in another room and be separated from the person as much as possible.  
• Wash your hands and **avoid touching your eyes, nose, and mouth**.  
• Avoid sharing household items.  
• Clean all “high-touch” surfaces.  
• Wear cloth face covering | • You may continue normal daily activities while following general recommendations such as frequent handwashing, regular disinfecting of high-touch surfaces, covering your coughs and sneezes and staying away from sick people.  
  • Stay 6 feet apart from others  
  • Social distancing  
  • Wear a cloth face covering |

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Questions or concerns about COVID-19? Dial 2-1-1 For more information, visit https://www.cdc.gov/coronavirus/2019-ncov/ OR www.pima.gov/covid19. Poison Control at 1-844-542-8201 should be called if an individual has COVID-19 symptoms or an individual who believes that they may have been exposed to COVID-19.