



# COVID-19 FACT SHEET FOR PARENTS

Some cases of COVID-19 have been reported from your child's school or classroom. COVID-19 is different from the common cold. It can cause fever, cough and fatigue. COVID-19 can be very serious and may even cause death in some people with chronic health conditions, young children, pregnant women, or elderly persons.

## HOW DOES COVID-19 SPREAD?

COVID-19 spreads between people when those who are sick cough, sneeze, or even talk. The virus can be spread to people up to 6 feet away. COVID-19 can also spread when people touch their face or eyes after touching something that a sick person has touched.

## WHAT TO DO IF ILL?

If your child or anyone in your household, feels ill and has symptoms of COVID-19, you should test for COVID-19. Tests are available with medical providers, at some community sites, or you can use an at-home test kit from a local pharmacy or order a kit from the federal government for free.

If COVID-19 is confirmed, stay home and stay away from others in your home as much as possible to limit spread.

## HOW TO PREVENT COVID-19?

1. Take time to get a COVID-19 vaccine and stay up to date on vaccinations.
2. Wear a mask :
  - a. When indoors, especially when community levels are high.
  - b. In large gatherings of people.
  - c. For 10 days after being exposed to COVID-19.
3. Avoid crowds and poorly ventilated spaces.
4. If you feel sick, stay home and test to prevent spread to other people.
5. If you test positive for COVID-19, stay home for at least five days. Stay home longer if symptoms are not improving after five days.
6. Wash your hands often.

## RESOURCES

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

[dph.illinois.gov/COVID19](https://dph.illinois.gov/COVID19)