

COVID-19 (Novel Coronavirus)



School Nurse UPDATE

#15 March 23, 2020

FEATURED STORIES

This Update issue is primarily devoted to COVID-19 related information. When the first SARS-CoV2 infections (called novel coronavirus 2019 at the time) were identified, the Department of Public Instruction's response was to develop a webpage under the School Nursing Communicable Diseases section. That webpage has evolved just as has the information we know about the virus and the situation worldwide.

PRACTICE POINTS – School Nursing in Unprecedented Times

School Nurse Professional Development (p. 5)

Resources for Families (p. 7)

This Update contains information on a multitude of professional development opportunities for school nurses that can be accessed during this time of school closures. I have compiled ideas and resources from a variety of school nurse and school health websites and discussion lists for school nurses to use to develop their own action and work plans. The National Association of School Nurses (NASN) has an entire webpage devoted to COVID-19 and can be accessed by both members and non-members. One resource in particular [Ideas for School Nurse Activities During the COVID-19 Pandemic](#) may be helpful to your work plans. Some of the suggestions in this Update might be appropriate for health office staff.

SAVE THE DATES

APRIL 20-22, 2020
Wisconsin Association of School Nurses Annual Conference
Chula Vista, Wisconsin Dells

JUNE 29–JULY 3, 2020
National Association of School Nurses Annual Conference
Las Vegas, NV [REGISTRATION IS NOW OPEN](#)

AUGUST 4, 2020
DPI School Nurse Summer Institute – Record Keeping

OCTOBER 1-2, 2020
DPI New School Nurse Orientation

Though the students are not necessarily in your buildings, I know they are in your hearts and on your minds. This Update includes a section on resources for parents to support positive emotional health.

Here at the Department of Public Instruction we too are practicing social distancing. Starting March 23, I plan to start teleworking. I will continue to be available both via email and phone as we have Voice over IP (VoIP), so my computer is my phone!

School nurses like our nursing colleagues in hospitals, clinics, and public health are on the frontlines and are vital in efforts to manage this public health crisis. More thoughts on how school nurses can continue “work” during these times is in PRACTICE POINTS. Now more than ever practice 21st century school nursing and stay well!

Louise

DPI News

COVID-19 Website

As new information is known and directives are given, the Department of Public Instruction's COVID-19 (Novel Coronavirus) [website](#) is where school district administrators and staff can locate pertinent information on several program areas.

Waivers

The Wisconsin Department of Public Instruction announced updated guidance to school districts regarding the continuity of learning amid the spread of COVID-19 and the closure of public and private schools. Among policies covered in the guidance, the DPI will waive a state mandated hour requirement to districts requesting to do so during the ongoing public health emergency. For more information, and for a full news release, visit <https://dpi.wi.gov/news/releases/2020/dpi-updates-guidance-districts-during-covid-19-school-closures>.

Special Education

The special education team has created a Q&A document regarding the extended school closure and students with IEPs. This document can be found [here](#).

The Office for Civil Rights' (OCR's) Center for Outreach, Prevention, Education, and Non-discrimination launched a short webinar on ensuring web accessibility for students with disabilities for schools utilizing online learning during the Coronavirus (COVID-19) outbreak. In addition, OCR published a fact sheet for education leaders on how to protect students' civil rights as school leaders take steps to keep students safe and secure. These resources will assist education leaders in making distance learning accessible to students with disabilities and in preventing discrimination during the Coronavirus response effort.

[OCR Short Webinar on Online Education and Website Accessibility](#)
[Fact Sheet on Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students](#)

Other resources:

[March 4, 2020, OCR Coronavirus Statement](#)
[U.S. Department of Education, Coronavirus Information and Resources for Schools and School Personnel](#)



As new information is known and directives are given, the Department of Public Instruction's COVID-19 (Novel Coronavirus) [website](#) is where school district administrators and staff can locate pertinent information on several program area.

DPI supports best practices/evidence-based resources, but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.

DPI News



Superintendent Letters

High priority or time sensitive e-mails from State Superintendent Carolyn Stanford Taylor or Deputy State Superintendent Mike Thompson can be found on this page in chronological order.

<https://dpi.wi.gov/administrators/e-mail>

March 19, 2020 Deputy State Superintendent Mike Thompson sent district administrators an email that can be found [here](#). Topics in that email include:

- Special Education
- School Meals
- Board Meetings
- Waiver Requests
- DPI Staff Resources

Wisconsin 2019 YRBS Reports Now Available

Wisconsin 2019 YRBS Reports are now available on the Wisconsin [YRBS website](#). On that site, you will find DPI's Wisconsin 2019 YRBS Summary Report, with added sections this year to accommodate new content. There is also a document called "Wisconsin 2019 YRBS Comparison Tables". This presents the state-level statistics in the same format as the local data that appeared in the school, district, county, and CESA reports. Schools or other stakeholders with local high school reports can print the comparison tables and see how their data compares to the state. We also posted CDC-produced trend reports and other documents that provide yet another angle on the data.

Key topics this cycle were around mental health, self-reported physical health, sense of belonging, sense of safety, vaping, and screen time. See the "Key Findings" section of the Summary Report or the "Trend Summary" for an overview. It's also important to note that the DPI reports also provide detailed statistics on students with special education services, students facing food insecurity, and students with physical disabilities or chronic health conditions, among other subgroups.

Questions can be directed to Kate McCoy at katherine.mccoy@dpi.wi.gov or (608) 266-0506.

<https://www.edweek.org/ew/section/multimedia/map-coronavirus-and-school-closures.html?cmp=eml-enl-eu-news1&M=59088720&U=&UID=f796f724eebc01cef35b27f4b7fcf981>

DHS News

Respiratory Report

[The Weekly Respiratory Report](#) for the week ending March 21, 2020 is now available.

Outbreaks in Wisconsin

Wisconsin has now seen multiple confirmed cases of COVID-19. And with more testing facilities online, we can expect to see even more cases. Identifying cases allows DHS and our local partners to move quickly to isolate a case and possibly contain spread of the virus.

You can help do that by following basic hygiene practices. Wash your hands with soap and water, cover your coughs, and if you are sick - stay home.

GET THE LATEST ON COVID-19 – www.dhs.wisconsin.gov/covid-19/

Key messages – March 19, 2020

Our top priority at this time is to keep Wisconsinites safe and healthy by reducing the spread of COVID-19 and to protect and ensure our health care system and workers.

DHS Secretary-designee Andrea Palm has signed an order for a statewide moratorium on mass gatherings of 10 or more people to mitigate the spread of COVID-19.

We will be prioritizing testing for COVID-19 because of a shortage of ingredients needed to run the tests.

We have evidence of community spread in Wisconsin.

We are doing this to protect and ensure the capacity of our health care system.

If you have questions or immediate needs related to COVID-19, you can:

Text COVID19 to 211-211,

Visit 211Wisconsin.org, or

Call 211.

Call volumes are high, please be patient and try to use the text or online options first.

If you are experiencing signs and symptoms of COVID-19, please call your health care provider.

DHS's priority at this time is to keep Wisconsinites safe and healthy by reducing the spread of COVID-19 and to protect and ensure our health care system and workers.

Centers for Disease Control

[Are You at Higher Risk for Severe Illness?](#)

[Caring for Someone at Home](#)

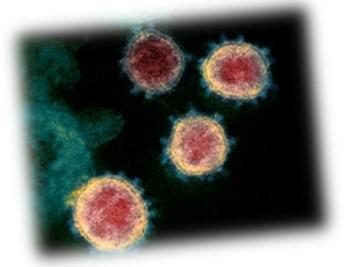
NASN News

National Association of School Nurses Coronavirus Disease 2019 Resources Webpage

[NASN Resources](#)

(added 3/19/2020)

- [Considerations for School Nurses Regarding Care of Students and Staff that Become Ill at School or Arrive Sick](#)
- [Teaching Children and Families Regarding COVID-19](#)
- [**Ideas for School Nurse Activities During the COVID-19 Pandemic](#)
- [Facemask Considerations for Healthcare Professionals in Schools](#)



The NASN has a webpage devoted to resources for school nurses to use as they practice 21st Century School Nursing and address COVID-19. These resources include talking points.

The Department of Health Services COVID-19 webpage has multiple resources and information school nurses and health services staff can use for professional development. **Understanding COVID-19 is professional development.**

School Nurse Professional Development

CDC TRAIN

CDC TRAIN provides access to more than 1,000 courses developed by the Centers for Disease Control and Prevention (CDC) programs, grantees, and other funded partners. Courses offered by CDC course providers have been approved and verified by CDC.

<https://cdc.train.org/cdctrain/welcome>

Leadership

If you are a team leader here are five things you can do right now to ensure that your team stays productive and engaged during this difficult time. [If You Lead People Today Do These 5 things](#)

DPI

[Wisconsin School Health Services Related Laws \(for school nurses\)](#)

[Protecting Student Privacy: FERPA and the Coronavirus](#)

Trauma-Sensitive Schools Online Professional Development

<https://dpi.wi.gov/sspw/mental-health/trauma/modules>

Learn about staff resilience, building protective factors in schools, building self-efficacy in students and other ways to build hope and strength in all of us. <https://dpi.wi.gov/sspw/mental-health/resiliency>

[Web-based Suicide Prevention Training for All School Staff](#)

CDC Healthy Schools

Classroom Resources for Teachers, Parents, and Kids at Home

With the recent school closures due to Coronavirus Disease (COVID-19), we are sharing some of our classroom resources to help teachers, parents, and kids at home.

[BAM! Body and Mind Classroom](#) Resources for Teachers has information on nutrition, physical education and activity, child development, health conditions and diseases, and much more.

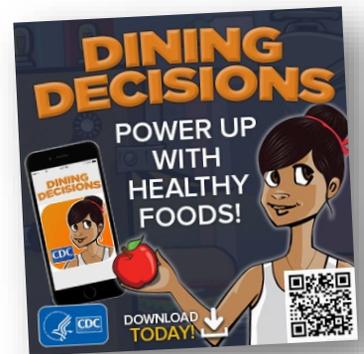
BAM! is a learning portal with resources across CDC with lesson plans, activities, and handouts. Our *Ask a Scientist* comic series covers several health topics like “[How Does My Body Fight Disease?](#)”, “[How Do People Become Infected With Germs?](#)” and “[How Loud is Too Loud?](#)”.

[Our When and How to Wash Your Hands](#) page has information on how to properly wash hands and how to properly use hand sanitizer.

Download our free [Dining Decisions](#) app to help kids make smart food choices. Kids learn how to choose foods based on the Go, Slow, Whoa! categories.

CDC's COVID-19 [Resources for Home](#) has the latest guidelines and information for the community.

Thanks for all you are doing to help students stay healthy and safe!



Multilingual COVID-19 Fact Sheets

Hesperian Health Guides has created COVID fact sheets in over 13 languages, with more coming. This a well respected international group- probably most famous for their books 'where there is no doctor'. This resource might be helpful for those working with populations whose English may not be the first language and for which CDC's guides are not translated into yet. [Hesperian Health Guides](#)

Resources for Parents and Families

HOW TO MAKE HOME FEEL SAFE FOR KIDS

Creating a secure home environment is important so that you and your children can deal with stress and uncertainty in a healthy way. Drawing from developmental psychology, here's what parents can do:

- be predictable and consistent
- be responsive
- be nurturing and affectionate
- model calm reassurance and thoughtful problem solving

Every day, the Child Mind Institute publishes a video and social tile with a tip for supporting families through the coronavirus crisis. Today's tip is from Dr. Mark Reinecke. You can sign up to receive these tips and other coronavirus advice daily by clicking below.

[OPT IN TO RECEIVE DAILY TIP](#)

[Click here for the Child Mind Institute's comprehensive coronavirus resource page](#)

National Association of School Psychologists (NASP): [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

Stanford Children's Health: [Healthier Happy Lives Blog: How to Talk with Kids About COVID-19](#)

Substance Abuse and Mental Health Services Administration (SAHMSA): [Talking With Children: Tips For Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)



We know parents are struggling to balance work, child care and self-care while keeping worries – both your children's and your own – under control. You don't have to do it alone.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Education Week

Map: Coronavirus and School Closure

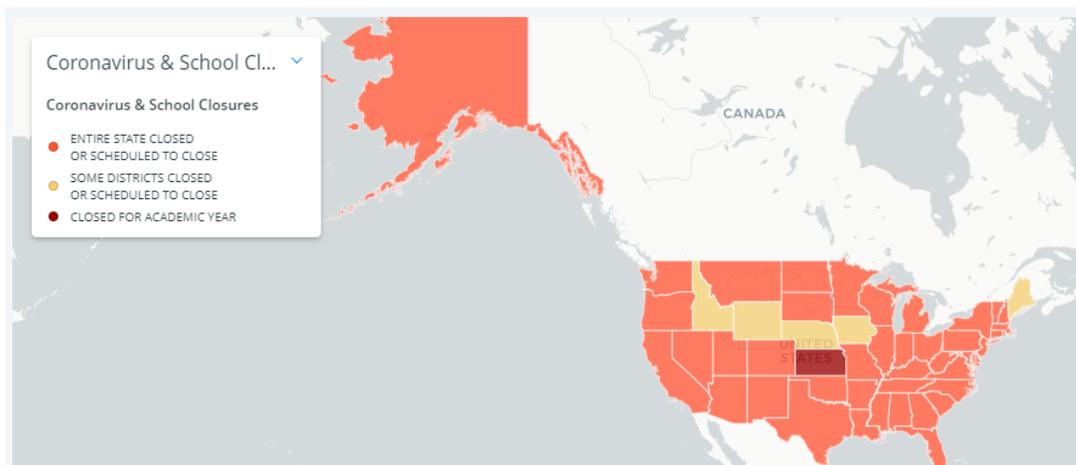
As of March 20, 2020, 11:05 a.m. ET: 45 states have decided to close schools. Combined with district closures in other states, at least 114,000 U.S. public and private schools are closed, are scheduled to close, or were closed and later reopened, affecting at least 52.6 million school students.

There are at least 98,000 public schools and at least 34,000 private schools in the U.S., according to the National Center for Education Statistics. Those schools educate almost 50.8 million public school students and 5.8 million private school students.

<https://www.edweek.org/ew/section/multimedia/map-coronavirus-and-school-closures.html?cmp=eml-enl-eu-news1&M=59088720&U=&UUID=f796f724eebc01cef35b27f4b7fcf981>

State-by-State Map

Zoom in to see the status of individual states. Click a state to view more details.



AAP

New Communications to Support Social-Distancing

To reduce the impact of this virus and to help flatten the curve, we must urge our families and communities to practice social distancing. This [new blog post by NIH Director Dr. Francis Collins](#) explains why simply avoiding symptomatic people is not enough; in China, people with undetected symptoms were found to be responsible for 86% of confirmed cases. Comprehensive social distancing is our best chance now to slow the spread of the virus.

AAP offers a new article on HealthyChildren.org, "[Working and Learning From Home During the Covid-19 Outbreak](#)," that offers advice for parents on setting a daily schedule for children and connecting with friends and family while maintaining social distancing. I encourage you to share this broadly with your networks, so we can help parents manage this difficult time while keeping their families safe.

Practice Points

By Louise Wilson

School Nursing in Unprecedented Times



I keep hearing the phrases “this is an unprecedented time” or these are “exceptional circumstances.” On February 3, 2020 when we launched the DPI 2019 coronavirus webpage the intent was to prepare school districts for what might come. Though, not taken by surprise, I am taken aback, by the complexity and enormity of the situation. At times, it has seemed all consuming and a little overwhelming juggling all the pieces. What has energized me during all of this is my pride in the leadership school nurses have shown during this unprecedented public health emergency.

I am amazed (and sometimes amused) at the variety of questions asked. It should not surprise me, as school nurses are the health care expert in their school community. One recent question was regarding recommendations for how teachers should “handle” the returned paper work from students who are learning and completing projects at home. Out of an abundance of precaution I recommend teachers not touch the paper work for 24-48 hours. Nothing that I have seen would suggest the virus, even under laboratory conditions, is alive after 48 hours. Other guidelines the school nurse and I agreed upon include: washing hands well before and after grading paperwork, keeping cuts covered, and wiping down work area, writing instruments, computer mouse and keyboard after handling turned in materials, and at least daily.

Under the Professional Development section of this Update I listed some web based resources. Other activities that I have gained my attention include school nurses who are holding daily “office hours” for students and families via email, text, Zoom, or some other medium. Checking in with your students and parents with chronic health conditions is helpful for the families and so you stay abreast of any changes for once school resumes.

Some district pupil services teams have made lists of those students who have absorbed a lot of staff time during the school year and are intentionally reaching out via telephone, text or email. In a recent DPI COVID-19 response meeting our assistant director of Teaching and Learning – Digital Learning, Online & Blended Learning, Virtual Learning Time, and Technology mentioned there is a device that can block a staff member’s personal phone number so students and parents do not have access to that private information. (Contact Janice Mertes, Janice.mertes@dpi.wi.gov or (608) 267-1054 for more information.)



Other school nurses and health services team members are meeting once a week or more via Zoom to coordinate efforts and complete professional development activities. Now would be a great time to research a topic and share it with your school nursing colleagues. Some school nurses are involved in their districts food service/meal efforts during school closures. If and when, one of the food service workers/volunteers becomes ill with COVID-19- like symptoms your school nurse leadership will be needed.

I encourage school nurses to read the guidance that is being developed (and revised) surrounding special education and related services. Prepare yourselves for multiple IEP team meetings once school resumes to address compensatory services. School nurses might consider using this time to study and obtain national certification (<https://www.nbcns.org/>). Other activities might include taking online courses to improve technical proficiency such as Google suite or your electronic health record system.

A retired nurse contacted me and asked if school districts might consider donating any PPE they may have to their local hospital. I informed her that it would be a decision each district would make but could consider. By the time school resumes the supply of masks should not be such an issue and schools (probably) can order some if they want for symptomatic students to wear until they are picked up. My contacts at the state level indicate that local fire and law enforcement agencies might also welcome donated PPE.

In a previous email blast I mentioned that school nurses might consider registering with the Wisconsin Emergency Assistance Volunteer Registry (WEAVR). WEAVR is a web-based volunteer registration system for health care and behavioral health professionals. School nurses who are interested in offering their skills and expertise during the state's COVID-19 response can register on the WEAVR website. You will be contacted via the WEAVR system as opportunities arise. For general information and answers to questions, nurses can visit the Wisconsin Department of Health Services [WEAVR web page](#).

We certainly are living in unprecedented times. I encourage school nurses to continue to be the voice of reason and stress epidemiological principles, which now calls for strict social distancing. As you care for your students and your own families, know that you all are in my thoughts. I leave you with this message of what I hope will be the outcome of these exceptional circumstances.

*And the people stayed home. And read books, and
listened, and rested, and exercised, and made
art, and played games, and learned new ways of
being, and were still. And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently. And
the people healed. And, in the absence of people
living in ignorant, dangerous, mindless, and
heartless ways, the earth began to heal.
And when the danger passed, and the people
joined together again, they grieved their losses,
and made new choices, and dreamed new images,
and created new ways to live and heal the earth
fully, as they had been healed.*

Kitty O'Meara

This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

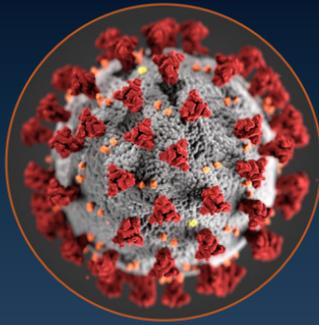
March 2020 Wisconsin Department of Public Instruction

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Distinguishing the Difference: COVID-19 vs. Allergies vs. Flu

Coronavirus: A large family of viruses that cause illness ranging from the common cold to more severe respiratory diseases. The viruses are transmitted between animals and people.



COVID-19: A mutated version of the coronavirus – called novel. It was first detected in Wuhan, China in November 2019. On March 11, the World Health Organization declared COVID-19 a pandemic.

	COVID-19	ALLERGIES	FLU
SPREAD AND SYMPTOMS	 <ul style="list-style-type: none"> • Spread person-to-person • Fever • Cough • Shortness of breath 	<ul style="list-style-type: none"> • Not spread • Itchy, runny nose, sneezing, coughing • Itchy, watery eyes. Redness • Itchy, sensitive skin, rash or hives – swelling • Shortness of breath, cough, wheeze, chest tightness 	<ul style="list-style-type: none"> • Spread person-to-person • Fever/chills • Cough, sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue
PREVENTION	 <ul style="list-style-type: none"> • Avoid exposure whenever possible • Wash your hands • Use hand sanitizer with at least 60% alcohol if needed • Avoid touching your eyes, nose and mouth • Avoid close contact with others 	<ul style="list-style-type: none"> • Avoid your allergy triggers • If you're not sure what your triggers are – ask about allergy testing • Medicate for allergies before pollen season or potential exposure 	<ul style="list-style-type: none"> • Get the flu vaccine • Avoid close contact with others • Stay home when you are sick • Cover your nose & mouth • Wash your hands • Avoid touching your eyes, nose & mouth
TREATMENT	 <ul style="list-style-type: none"> • Call your doctor if you think you were exposed • Stay home except to get medical care • Stay away from others • Limit contact with pets • Call ahead before going to the doctor • Wear a facemask only if you are sick and around others 	<ul style="list-style-type: none"> • Take prescribed or over-the-counter allergy medications • Antihistamines • Nasal sprays • Immunotherapy where prescribed • Allergy shots • Allergy tablets • Nasal wash/rinse 	<ul style="list-style-type: none"> • Antiviral drugs may be an option for people at high risk for complications and people with lung conditions • Stay home and rest • Contact your doctor early if you're at high risk • Most people don't need to go to the emergency room

COVID-19 FAST FACTS (as of March 16, 2020)

222,600+
cases worldwide

9,115+
reported deaths

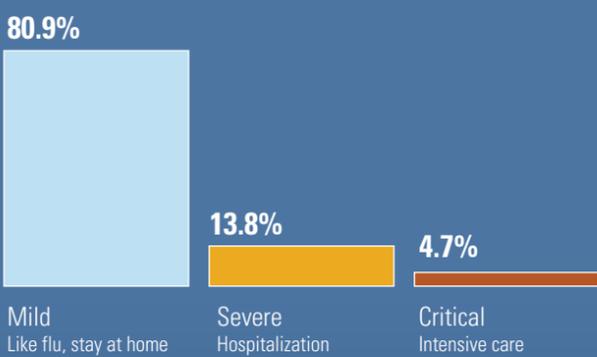
166
countries impacted

7,080+
cases in United States

Sources: Johns Hopkins University & Medicine; World Health Organization

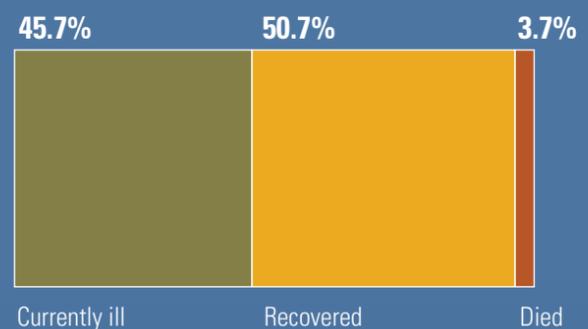
The Majority of Infections are Mild

Seriousness of symptoms



The Bulk of People Recover

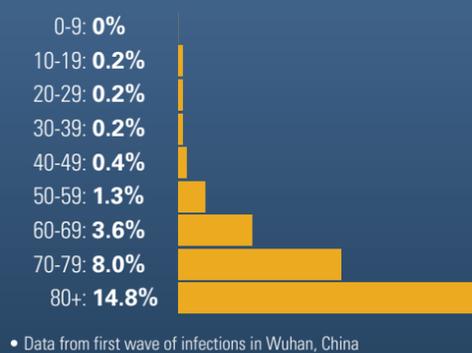
Of total worldwide confirmed cases...



At risk for severe complications

- People who are **60+ years of age**
- People who have serious chronic medical conditions:
 - Heart disease
 - Diabetes
 - Lung diseases (including asthma and COPD)

% of people sorted by age who die from coronavirus*



% of people with serious chronic medical conditions who die*



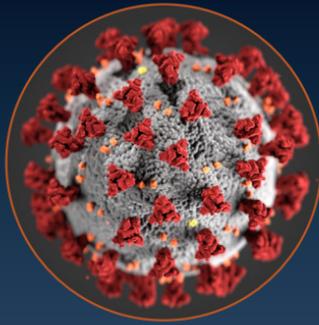
What to do if you are sick?

- Call your doctor and discuss your symptoms and potential exposure. Your doctor will decide if you should be tested for coronavirus.
- Stay home and self-quarantine yourself. Separate yourself from other people in your home.
- Wear a facemask when around other people if instructed to do so by your doctor.
- Cover your cough and sneezes, or cough into your elbow.
- Wash your hands often.
- Follow evidence-based guidance from CDC and other credible sources.



Distinguir la Diferencia: COVID-19 vs. Alergias vs. Gripe

Coronavirus: una gran familia de virus que causan enfermedades que van desde el resfriado común hasta enfermedades más graves. Estos virus se transmiten entre animales y personas.



COVID-19: es una versión mutada del coronavirus -llamada novel. El primer caso fue detectado en Wuhan, China, en noviembre del 2019. El 11 de marzo del 2020 la Organización Mundial de la Salud declaró COVID-19 una pandemia.

	COVID-19	ALERGIAS	GRIFE
CONTAGIO Y SÍNTOMAS	 <ul style="list-style-type: none"> Se contagia de persona a persona Fiebre Tos Falta de aliento 	<ul style="list-style-type: none"> No se contagian Nariz que moquea, estornudos, tos Ojos rojos, llorosos y con picazón Piel sensible, con erupción cutánea o urticaria - hinchazón Falta de aliento, tos, disnea, opresión en el pecho 	<ul style="list-style-type: none"> Contagio de persona a persona Fiebre y escalofríos Tos, dolor de garganta Mucosidad nasal o congestión Dolor muscular o corporal Dolor de cabeza Fatiga
PREVENCIÓN	 <ul style="list-style-type: none"> Evite lo más posible la exposición Lave sus manos Si es necesario, use desinfectante de manos con al menos 60% de alcohol Evite tocarse los ojos, la nariz y la boca Evite el contacto cercano con otros 	<ul style="list-style-type: none"> Evite exponerse a aquello que le causa alergia Si no está seguro qué causa sus síntomas, pida una prueba de alergia Tome medicinas para la alergia antes de la temporada de polen o frente a una posible exposición 	<ul style="list-style-type: none"> Vacúnese contra la gripe Evite el contacto con otros Quédese en casa si está enfermo Cúbrase la nariz y la boca Lave sus manos Evite tocarse los ojos, la nariz y la boca
TRATAMIENTO	 <ul style="list-style-type: none"> Llame a su médico si piensa que se ha expuesto al virus Quédese en su casa, excepto para recibir atención médica Evite el contacto con otros Limite el contacto con su mascota Llame con anticipación antes de ir al doctor Utilice una máscara solo si está enfermo y alrededor de otras personas 	<ul style="list-style-type: none"> Tome medicinas para la alergia recetadas o de venta libre Antihistamínicos Aerosoles nasales Inmunoterapia si es prescrita Vacunas contra la alergia Tabletas para la alergia Lavado o enjuague nasal 	<ul style="list-style-type: none"> Las medicinas antivirales pueden ser una opción para gente con alto riesgo de complicaciones o enfermedades pulmonares Quédese en su casa y descanse Contacte a su médico ante los primeros síntomas si está en alto riesgo

DATOS DEL COVID-19 (marzo 19, 2020)

222,600+
casos en el mundo

9,115+
muertes reportadas

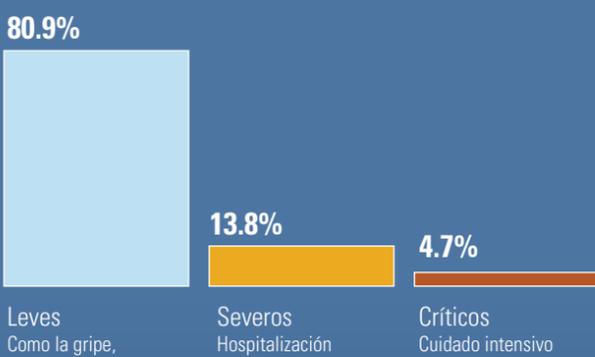
166
países impactados

7,080+
casos en Estados Unidos

Fuente: Johns Hopkins Universidad & Medicina; Organización Mundial de la Salud

La mayoría de las infecciones son leves

Gravedad de los síntomas



Estudio de 44,672 casos confirmados en China. Fuente: Centros para el Control y Prevención de Enfermedades de China

La mayoría de la gente se recupera

De la mayoría de los casos confirmados en el mundo

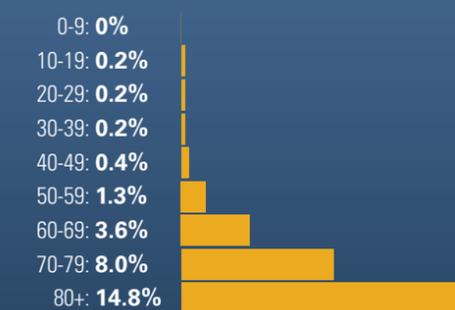


Fuente: Universidad John Hopkins

En riesgo de complicaciones severas

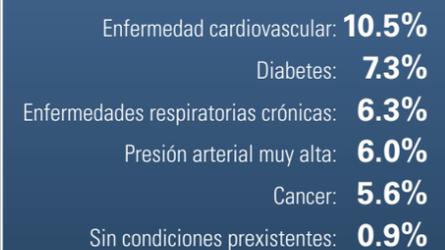
- Gente con **60 o más años de edad**
- Gente con condiciones médicas severas
 - Enfermedad cardiovascular
 - Diabetes
 - Enfermedades pulmonares (incluidas asma y EPOC)

% de gente por edad que ha muerto por coronavirus*



* Información basada en la primera ola de infección en Wuhan, China

% de gente con condiciones médicas serias preexistentes que ha muerto*



* Información basada en la primera ola de infecciones en Wuhan, China

¿Qué debe hacer si está enfermo?

- Llame a su médico y discuta sus síntomas y potencial exposición. Su médico decidirá si debe hacerse la prueba para detectar coronavirus.
- Quédese en la casa en auto-cuarentena. Manténgase separado de aquellos que viven con usted.
- Use una máscara alrededor de otras personas, si es recomendado por su médico.
- Cubra su boca y nariz al toser y estornudar o tosa en su codo.
- Lave sus manos con frecuencia.
- Siga las direcciones basadas en evidencia de los Centros para el Control y Prevención de Enfermedades (CDC) y otras fuentes confiables



Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígame sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



SÍNTOMAS DE LA ENFERMEDAD DEL CORONAVIRUS 2019

Los pacientes con COVID-19 han presentado enfermedad respiratoria de leve a grave.

Los síntomas* pueden incluir

FIEBRE



TOS



*Los síntomas pueden aparecer de 2 a 14 días después de la exposición.

Consulte a un médico si presenta síntomas y ha estado en contacto cercano con una persona que se sepa que tiene el COVID-19, o si usted vive o ha estado recientemente en un área en la que haya propagación en curso del COVID-19.

DIFICULTAD PARA RESPIRAR



Para obtener más información: www.cdc.gov/COVID19-es