

# Identifying the Signs and Symptoms of COVID-19

September 2020

## Identifying Signs of COVID-19

It is important to understand the signs and symptoms of COVID-19.

**Corona +  
Virus +  
Disease +  
2019 =  
Covid-19**

## Symptoms of COVID-19

Fever or chills

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Cough

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Shortness of breath or difficulty breathing

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Fatigue

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Muscle or body aches



## Symptoms of COVID-19

Headache

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New loss of taste or smell

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Sore throat

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Congestion or runny nose

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Nausea or vomiting

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Diarrhea



## Symptoms

Most common symptoms are fever, dry cough and tiredness.

More unusual symptoms can include shortness of breath or difficulty breathing, muscle aches, chills, sore throat, headache, or chest pain.



## Unusual Symptoms

In addition, more unusual symptoms can include:

Gastrointestinal symptoms

Loss of smell or taste

Skin changes

Confusion

Eye problems



## Onset of COVID-19

Signs and symptoms of COVID-19 may appear two to 14 days after exposure to the virus, and can range from mild to severe.

If you think you or your child might be experiencing symptoms of COVID-19, consult with a medical professional.



## Prevention of COVID-19

The best way to prevent illness is to avoid being exposed to this virus.

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Avoid touching your eyes, nose and mouth with unwashed hands.

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Use a facial mask or covering

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Maintain a six-foot distance from others.

**Corona  
Virus  
Disease  
2019  
Covid-19**



## Prevention of COVID-19

Continue to practice good hand hygiene.

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Continue to practice good respiratory hygiene (coughing into elbow).

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Isolate people from others who are exhibiting signs and symptoms of COVID-19.



## Monitoring for COVID-19

Always be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms.

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Take your child's temperature daily before sending child to school.

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Follow CDC guidance if additional symptoms develop.

# Corona Virus Disease 2019 Covid-19

## Possible Case of COVID-19

If you or your child exhibits symptoms, call your medical provider.

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Students who are sick should not be sent to school.

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If you or your child is sick, isolate from others.

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Make arrangements to get tested. Be prepared to follow quarantine and isolation orders based on the department of health.

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## Possible Case of COVID-19

Stay in touch with your medical provider and school nurse

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Avoid public transportation

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Avoid sharing personal household items

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Clean all high-touch surfaces everyday

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## Multisystem Inflammatory Syndrome in Children

Multisystem Inflammatory Syndrome in Children (MIS-C) is a rare but serious condition associated with COVID-19 in children and youth.

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Disease  
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Covid-19

**If a child shows any of the following symptoms for MIS-C, they should immediately follow up with a healthcare provider:**

Fever (greater than 100 degrees F)

Abdominal pain

Vomiting

Diarrhea

Neck pain

Rash

Bloodshot eyes

Feeling extra tired

Cough

Sore throat

Shortness of breath

## When To Seek Emergency Medical Assistance

If someone is showing any of these signs, seek emergency medical care immediately.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

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## Questions?

If you have any questions about COVID-19, please contact your medical provider and/or school medical personnel.

Keep yourself and others safe.

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# Video Resources

## Coronavirus (COVID-19) Videos for Adults and Parents

- [Coronavirus \(COVID-19\): How YOU Can Stop the Spread](#)
- [Coronavirus \(COVID-19\): How Wearing a Mask Helps Protect Against Infection](#)
- [Coronavirus \(COVID-19\): Top 5 FAQs](#)
- [Coronavirus \(COVID-19\) advice for the public \(WHO\)](#)
- [COVID-19: Information on symptoms & transmission \(WHO\)](#)

## Coronavirus (COVID-19) Article for Teens and Kids

- [Coronavirus \(COVID-19\): How You Can Make a Difference](#)
- [Coronavirus \(COVID-19\): What Kids Can Do](#)
- [Why Are People Wearing Face Masks?](#)

## [COVID-19 ASL Video Series](#)

## [COVID-19 in Multiple Languages](#)

# References

- [NYSED Plan dated July 16, 2020](#)
- **CDC Guidelines:**
  - [Symptoms of Coronavirus](#)
  - [What do Do If You Are Sick](#)
- [Mayo Clinic](#)