

Staying Home When Sick

A symptom is a change in our body that happens when we are sick. Symptoms are clues about what kind of illness we might have. If we have symptoms of COVID-19, we should stay home so we don't share our germs with other people. These are some of the symptoms of COVID-19. Not everyone will have the same symptoms.



FEVER OR CHILLS



RUNNY NOSE



SORE THROAT



COUGHING



DIFFICULTY BREATHING



HEADACHE



**NAUSEA, THROWING UP,
DIARRHEA**



LOSS OF SMELL OR TASTE

What else can you do to stop the spread of germs?

1

A fever is a sign that my body is fighting an illness. At our school, students have to say home for _____ hours after a fever that is _____ degrees or higher.

2

We don't want to accidentally share the virus when we cough, talk or laugh. That's why we wear _____ over our nose and mouth.

3

Droplets carrying germs can spread quickly when we cough and sneeze. I can _____ to stop the spread.

4

Germs can spread when we cough or sneeze and then touch something. I can keep my hands clean by _____ for at least _____ seconds after I _____, _____, or _____.

For more information on COVID-19 and returning to school, visit oneforallmo.com/back-to-school or contact your local public health agency.