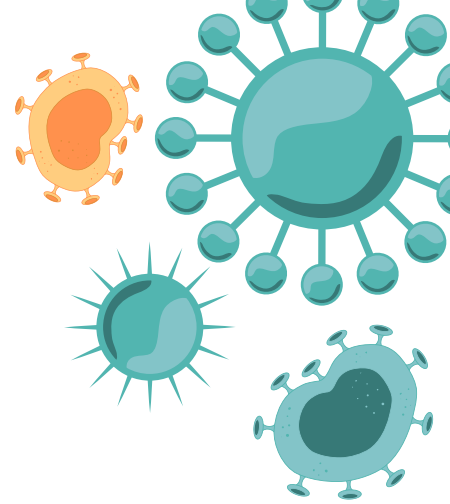*Livingstone Range*
SCHOOL DIVISION NO. 68

COVID-19
Information for Staff & Families

WHAT IS IT?

COVID-19 is a coronavirus, which is a large family of viruses. Some cause respiratory illness, ranging from mild common colds to severe illnesses. These viruses can spread from person to person through close contact. COVID-19 is believed to be spread mainly by coughing, sneezing, or direct contact with someone who is sick with COVID-19 or with surfaces they have recently touched.
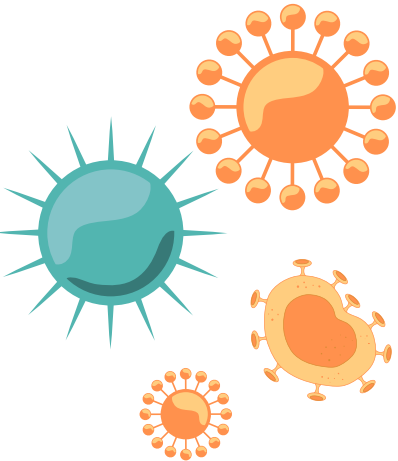
HOW DO WE PREPARE?

For Albertans looking to prepare for COVID-19, Alberta public health officials recommend the following:

- Create a household plan of action with practical steps like ensuring you have sufficient medication supplies. There is no need to purchase food or supplies in bulk at this time.
- Practice good personal health habits.
- Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible.
- Plan to clean these rooms, as needed, when someone is sick.

WHAT ARE THE SYMPTOMS?

Symptoms for COVID-19 are similar to those for influenza or other respiratory illnesses. They can range from mild to severe and include fever, cough, and difficulty breathing. The majority of cases have reported mild symptoms. Older adults and people with medical conditions like high blood pressure, diabetes, heart disease and lung disease are more likely to become seriously ill.

HOW DO WE PREVENT IT?

To help protect you and your family against all respiratory illnesses, including flu and COVID-19, you should:

- Wash your hands often and well
- Avoid touching your face, nose, or mouth with unwashed hands.
- When sick, cover your cough and sneezes and then wash your hands
- Avoid close contact with people who are sick
- Don't share items that may have saliva on them such as drinking glasses and water bottles
- Clean and disinfect surfaces that are frequently touched, such as taps, door knobs, and counter tops
- Stay at home and away from others if you are feeling ill

WHAT IF I GET SICK?

If you have symptoms such as fever, cough and difficulty breathing and have travelled outside Canada or have been exposed to someone who has COVID-19, stay home and call Health Link 811.

Information Provided by

Alberta Health Services