

Frequently Asked Questions About COVID-19 (aka Coronavirus Disease 2019)

What is a coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). COVID-19 is a new coronavirus that had not been seen in humans before December 2019.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the Symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and a dry cough. Some people may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

How Does It Spread?

Human coronaviruses most commonly spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Can the Virus That Causes COVID-19 Be Transmitted Through the Air?

Current studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air.

What If COVID-19 Eventually Spreads Here in San Diego County?

The Centers for Disease Control (CDC) has guidelines for districts and schools to prepare for pandemic flu, which Solana Beach School District is abiding by as they are very similar to preparation for COVID-19. Parents/guardians should make sure their emails and telephone numbers are up to date in Aeries, our student information system, to make sure you receive any new information or emergency notices.

How Do I Prevent the Spread of Viruses, Including the COVID-19?

You can reduce the risk of spreading COVID-19 by taking the same steps as you would to prevent infection from the flu and the common cold:

- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer, with 60-95% alcohol if water is not available.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth and nose with your elbow or a tissue when coughing or sneezing, and immediately dispose of the used tissue.

Should I Wear a Mask?

People with no respiratory symptoms, such as cough, do not need to wear a medical mask. The World Health Organization (WHO) recommends the use of masks for people who have symptoms of COVID-19 and for those caring for individuals who have symptoms, such as cough and fever. The use

of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility).

What Should I Do If I Think I Have COVID-19?

If you're in a high-risk group — over the age of 60 with an underlying health condition — seek medical treatment immediately, and let your hospital or health care provider know you suspect COVID-19.

Otherwise, stay at home and call a health professional. They will work with your local health department and figure out whether you need to get tested or get treatment. Doctors and health officials advise not to go to the emergency room if your symptoms do not appear to be life-threatening. There's a good chance you'll recover with nothing more than rest and fluids.

We Are Planning to Travel During Spring Break. Should We Change Our Plans?

Families who have any upcoming travel or have traveled outside the United States in the past 14 days, should refer to the Centers for Disease Control and Prevention (CDC) website directly for the most current guidance and recommendations. Just because the country you plan to visit isn't on the CDC's Advisory List doesn't mean that it won't be there tomorrow. <https://wwwnc.cdc.gov/travel/notices>.