



Novel Coronavirus: What Families Need to Know

Currently the risk of infection is low for the general public in the United States. Risk is based on exposure. We are in the middle of flu and respiratory disease season, and most of the population is at greater risk of contracting seasonal influenza than coronavirus. When a new disease is circulating, it is natural for people to ask what they can do to protect themselves and their families.

Symptoms of COVID-19 Infection

- Fever
- Cough
- Shortness of breath

What parents/children can do to prevent the spread of illness:

- If your child is not well, keep him or her home.
- Cover coughs and sneezes with tissues, or cough or sneeze into your inner elbow.
- Wash your hands frequently for at least 20 seconds with soap and water. If not available, use alcohol-based hand sanitizers. Be sure to wash your hands after you cough, sneeze, use the bathroom or handle food.
- Clean and disinfect frequently touched objects and surfaces, including doorknobs, phones, keyboards and light switches.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth.

What Is GCS doing to reduce the spread of viruses?

- The district is working closely with Guilford County Public Health and the CDC to stay up to date on health concerns in our area.
- As usual during cold and flu season, custodians have been instructed to spend extra time cleaning and disinfecting walls, furniture, computer labs, restrooms, desks, doors, knobs, handles, handrails, cubbies and all other surface areas in schools.
- School and cafeteria staff use an EPA-approved disinfectant daily to clean tables, chairs, benches, serving lines, keypads and door handles.
- Using information and guidance from local, state and federal health agencies and organizations, district leaders are developing a strategic plan, should the coronavirus impact our area.

For your convenience, GCS has created a web page with more information, including links to reliable information sources such as the Centers for Disease Control and the North Carolina Department of Health and Human Services. You can find this information here:

<https://www.gcsnc.com/Page/63782>.

You may also call the North Carolina Public Health COVID-19 information line at (866) 462-3821.