Amarillo Independent School District

CORONAVIRUS (COVID-19)

Amarillo ISD is closely monitoring coronavirus (COVID-19) and is in contact with local health officials to ensure we have the latest information and have implemented the appropriate precautionary measures based on the guidance of the Centers for Disease Control and Prevention. Our first priority is always the safety of our students and staff. We believe knowing important information about the virus is the best way to prepare our community for any cases that may occur as well as reduce stress and calm anxieties about the situation.

WHAT SHOULD I BE LOOKING FOR?

The symptoms for COVID-19 include mild to severe respiratory illness that mimic flu-like symptoms, including:
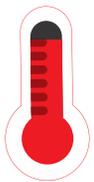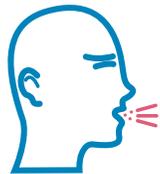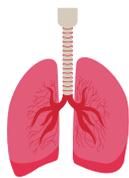
FEVER   **COUGH**   **SHORTNESS OF BREATH**

Flu symptoms can also include a sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. All symptoms may not be present. Having these symptoms alone does not mean that someone has the virus. Symptoms may appear in as few as two days or as long as 14 days after exposure.

WHAT IF MY CHILD HAS THESE SYMPTOMS?

Contact your healthcare provider immediately and keep children home from school when sick.

HOW CAN I PREVENT THIS?

According to the CDC, preventive measures for the COVID-19 are similar to other respiratory viruses such as the flu. To prevent illness:

- **Wash your hands with soap and water for at least 20 seconds on a regular basis.**

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

- **Avoid close contact with people who are sick.**

- **Cough or sneeze into your bent elbow or a tissue, dispose of the tissue in the trash and immediately wash your hands.**

- **Use hand sanitizer that contains at least 60 percent alcohol. Parents should supervise use of this product.**

- **Stay at home and seek medical attention if you are not feeling well.**

HOW CAN I STAY INFORMED?

To receive updates and new information on what the District is doing about this issue, visit amaisd.org/covid19.