

## SYMPTOMS OF COVID-19

Staff, students, parents/guardians, visitors, and volunteers are expected to self-screen at home for symptoms of COVID-19 or other contagious diseases before coming to school. Individuals who demonstrate these symptoms should stay home and consult their health care provider for testing and care. Individuals with positive COVID test results should remain home and isolate until they have met the criteria for release from isolation outlined by their medical provider and/or the PA Department of Health. The information which follows, from the CDC website, outlines the symptoms of COVID-19.

*People with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:*

- *Fever or chills*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Headache*
- *New loss of taste or smell*
- *Sore throat*
- *Congestion or runny nose*
- *Nausea or vomiting*
- *Diarrhea*

*This list does not include all possible symptoms...Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complication from COVID-19 illness.*

The CDC website lists the following serious symptoms as requiring immediate emergency medical care:

- *Trouble breathing*
- *Persistent pain or pressure in the chest*
- *New confusion*
- *Inability to wake or stay awake*
- *Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.*

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Per the CDC website, an individual is considered to be Probable COVID case, if they have been exposed to a COVID positive individual and have the symptoms outlined below.

- *At least two of the following symptoms:*
  - *Fever (measured or subjective),*
  - *Chills,*
  - *Rigors,*
  - *Myalgia,*
  - *Headache,*
  - *Sore throat,*
  - *Nausea or vomiting,*
  - *Diarrhea,*
  - *Fatigue,*
  - *Congestion or runny nose*

*OR*

- *Any one of the following symptoms:*
  - *Cough,*
  - *Shortness of Breath,*
  - *Difficulty breathing,*
  - *New olfactory disorder,*
  - *New taste disorder*

*OR*

- *Severe respiratory illness with at least one of the following:*
  - *Clinical or radiographic evidence of pneumonia,*
  - *Acute respiratory distress syndrome (ARDS)*