

# DUBLIN HIGH SCHOOL ATHLETICS

## COVID-19 FACT SHEET

**COVID-19 Signs and Symptoms** - These are the most common signs and symptoms but are not the only ones. Symptoms generally appear 2-14 days after exposure to the virus

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle/body aches (beyond soreness attributed to specific workouts)
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting

### COVID-19 Transmission

- Person-to-Person: 1.) Between people who are in close contact with one another; 2.) Respiratory droplets produced when an infected person coughs, sneezes, or talks; 3.) Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
- Contact Spread: By touching a surface or object that the virus is on and then touching their own nose, mouth, or eyes
- COVID-19 can be spread by individuals who are not showing any symptoms

### Prevention

- Avoid large events and mass gatherings
- Practice social distancing (6 feet)
- Wash hands with soap and water for 20 seconds, or use alcohol-based hand sanitizer made with at least 60% alcohol
- Avoid touching your mouth, eyes, and nose
- Avoid sharing personal items (i.e. water bottles)
- Clean and disinfect high touch surfaces often (i.e. tables, doorknobs, desks, sports equipment, etc.) with approved disinfectants
- **Avoid going to work, school, camps, and/or gatherings if you are sick, and encourage other students and coaches to do the same!**

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_