



# Coronavirus Disease (COVID-19)

Coronavirus Disease (COVID-19) is a viral infection spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. While most people infected will experience mild to moderate respiratory illness, the elderly and those with underlying medical conditions are more likely to develop a serious illness. Currently, there is no cure for COVID-19. The best method to prevent and slow the spread is to maintain social distancing, wash hands frequently, stay home if you are ill, avoid sick people, and remain well informed.

*Child and Youth Services Coronavirus Disease 2019 (COVID-19) Information Sheet*

## How is COVID-19 spread?

- Close person-to-person contact (within about 6 feet) and direct contact with respiratory secretions via coughing, sneezing, talking, and possibly by touching contaminated surfaces or objects
- We are still learning about how the virus spreads and the severity of illness it causes

## What are the signs or symptoms?

- Fever
- Shortness of Breath or Difficulty Breathing
- Cough
- Chills
- Muscle aches/pain
- Sore Throat
- Loss of taste or smell
- Fatigue
- Runny Nose
- Nausea/Vomiting
- Diarrhea
- If your child/youth has abdominal/neck pain, irritability/sluggishness, red cracked lips, rash, swollen hands and feet, or any other concerning signs or symptoms, seek medical attention immediately

## If exposed to COVID-19 how long does it take to get sick (incubation period) and for how long can I spread the virus to others (contagious period)?

- Incubation Period: In the majority of cases, it takes 2-14 days, with an average of 4-5 days, for symptoms to develop following exposure.
- Contagious Period: Some studies indicate people are infectious from about 2 days before symptom onset to about 8 days after, but this likely varies and still requires additional research.

## What can be done to prevent the spread?

- Wash hands with soap and water for at least 20 seconds. When soap and water is not an option, use hand sanitizer that contains at least 60% alcohol

- Avoid sharing personal items and shaking hands
- Avoid touching eyes, nose, and mouth with unwashed hands
- Cover nose and mouth when sneezing or coughing (use disposable tissues, upper sleeve, or elbow)
- Avoid close contact with people who are sick
- Have child/youth remain at home if feeling unwell
- Maintain social distancing (keep 6 feet between your family and others)
- When required or recommended, wear a cloth face mask when out in public or around others
  - » Cloth face masks should not be placed on young children under age 2 or anyone who has trouble breathing
- Clean surfaces with soap and water, then use disinfectant on frequently used/high touched surfaces
- Launder items, including bedding, clothing, towel, and washable plush toys as needed.
  - » If possible, launder items using the warmest water setting and dry items completely

**Must your child/youth stay at home if they are experiencing symptoms?** Yes, and may return once symptoms have improved, 10 days have passed since the onset of symptoms, fever has been absent for 72 hours without the use of fever reducing medications, and the child/youth is able to participate in daily activities.

**What should parents/guardians do?** Observe your child/youth for signs and symptoms. If you suspect that your child/youth has COVID-19 or has been exposed to it, contact your healthcare provider immediately. **Notify the CYS facility the child/youth attends within 24 hours of a suspected COVID-19 diagnosis.**



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## For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>  
<https://www.coronavirus.gov/>

**The Military Health System Nurse Advice Line is available 24/7:**  
Call 1-800-874-2273 option #1

or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

**For more information,** contact your installation's Department of Public Health.

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**The Army COVID-19 Information Hotline:**

Call 1-800-984-8523,  
Overseas DSN 312-421-3700,  
Stateside DSN 421-3700

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