



May 19, 2020

TO: SISC Member Districts

FROM: Robert J. Kretzmer  
Director, Property & Liability

SUBJECT: CDC posters

The Centers for Disease Control (CDC) has published two posters appropriate for school environments that can be downloaded from their website and placed in strategic areas throughout your campuses.

### **Symptoms of Coronavirus (COVID-19)**

An important tool to remind your students and staff of the basic symptoms to be on the look-out for when doing self-evaluations each morning and throughout the day. (Published April 13, 2020)

### **Stop the Spread of Germs**

Reminders on the importance of staying at least six feet apart from one another whenever possible. This poster also reminds us of the importance of wearing a cloth face mask while out in public. (Published May 13, 2020)

Copies of the posters can be printed from the CDC website;

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Search=Symptoms%20of%20Coronavirus%20Disease%202019%20poster&Sort=Date%3A%3Adesc>

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# Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

## Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

## Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

## Shortness of breath



This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)