



Coronavirus Disease 2019 (COVID-19) Advisory

Diocese of Orlando Office of Catholic Schools

February 2020

The health and safety of our students and faculty as a top priority for the Diocese of Orlando. The Office of Catholic Schools has been in contact with local health agencies as well as our public school district partners regarding updated information about the coronavirus.

People experiencing cough, fever and fatigue, possibly along with diarrhea and vomiting, should contact their physician. **Our schools have been instructed to strictly adhere to policies already in place regarding children who come to school sick; parents will be called to pick sick children up and attend to them at home.**

What is the Coronavirus?

The Coronavirus disease 2019 (COVID-19) is a respiratory illness with varying severities, ranging from the common cold to serious respiratory disease. The virus that causes COVID-19 is a novel coronavirus that can spread from person to person.

How does it spread?

- Between people who are in close contact (within 6 feet)
- Cough or sneeze droplets
- Touching your eyes, nose, or face with hands after touching an object containing the virus

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Severe illness

How to protect yourself

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- The Center for Disease Control (CDC) does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19
- Wash your hands often with soap and water for at least 20 seconds, scrub thoroughly under nails and between fingers, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Where to go for additional information:

COVID-19 is a new disease and information regarding its spread and appropriate protective measure continues to evolve. The CDC and The Florida Department of Health are your best source of information about the disease.

[Center for Disease Control \(CDC\) COVID-19 Information](https://www.cdc.gov/coronavirus/2019-nCoV/)

[Florida Department of Health COVID-19 Information](https://www.floridahealth.gov/diseases-and-conditions/coronavirus-2019-nCoV/)